

Every Beat

Life Rhythms of the Psalms



JULY 14-16, 2018

Helper

This week we're learning how God provides for us and how through His provisions we can be freed from want.

WATCH THE VIDEO

NorthlandChurch.net/Studies

Afterward have someone read the discussion questions in the "Hear God's Story" section and start the conversation.



Share Your Story

Begin by praying together. This should be a brief, simple prayer in which you invite God to give you insight as you study. You can pray for specific requests at the end of your time together or stop momentarily to pray if a particular situation comes up during your discussion.

Then begin your time together by discussing the following questions.

- Who is someone who has supported you in your life?
- When have you had a need that someone else met?
- What makes it hard to ask for help when you have needs?

Hear God's Story, and Create a New Story

READ PSALM 139:23-24 (NIV) & HEBREWS 4:14-16 (NLT)

- How is Jesus able to understand our weaknesses and struggles?
- How do we receive grace and mercy from God?
- In what areas of life is God willing and able to help, according to verse 16?
- What are some places in your life where God has freed you from worry or anxiety?
- How did the rest of your life change when you experienced that freedom? How were your relationships affected by that change?
- Where do you still need God's help to be freed from anxiety or worry?
- How can you "come boldly to the throne of our gracious God" and seek that help (Hebrews 4:16)?
- How can your community help you rearrange things in your life so you can actively seek God's help in those areas? How can you invite others in your life to experience God's help and support?

Give each person an opportunity to share prayer requests.

Find Your Story in God's Story

If you feel God is nudging you to go deeper, take some time between now and our next discussion to dig into His Word. Explore the Bible passages related to this session's theme on your own, jotting your reflections in a journal or in this study guide. Want to go deeper? Select a few verses, and try paraphrasing them, writing them in your own words. If you'd like, share them with the group the next time you meet.

Often the need for help is seen as a sign that there's a unique deficiency at work in the life of whoever needs help. But throughout the Bible — from the first stories of Genesis through the launch of the church — we learn that each and every one of us was created with a need for God's help. Without God's help, all of us struggle under the weight of life that we cannot bear alone. But with God's help and grace, we can fully experience life as God intended.

READ JOHN 14:25-27 (ESV)

- What's the difference between the way the world gives and the way Jesus gives?
- In many translations, Jesus refers to the Holy Spirit as "the Helper" in verse 26. What are some of the ways Jesus describes the Holy Spirit helping?
- What are some of the things Jesus said that have helped you in the past? What teachings bring hope to your current circumstances?
- How have you experienced the peace of Jesus? How can you and your community or group share the peace of Jesus and invite others to have untroubled hearts?

READ EPHESIANS 6:10-17 (NLT)

- Sometimes God's help comes in the form of support and equipping that allows us to face challenges from a more advantaged position. What is the armor of God, and how does it help you during times of struggle?
- How would you fare in combat if you weren't wearing the appropriate armor? How will you do in life if you're lacking in God's armor?
- Is there a particular piece of the armor of God that you need more than others to face current trials?

Looking for more questions and reflections so you can keep digging deeper? There's even more to this week's study available on Northland's apps or at NorthlandChurch.net/Studies.