



Sermon-based small groups connect the week to the weekend!

Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.

Message Info: I Need Help, 3/13/22 - It is hard to ask for help. It's harder to ask for help and not receive any. Those are the moments when our hope and faith starts to slip. But even in those moments of uncertainty God is up to something. This message is all about how to grow your confidence and trust in God. (Passages: Psalm 146; 1 Samuel 17:45)

Discussion Questions: Take your time and dig into these questions.

Why do you think it is so difficult for people to ask for help? Why should we be more comfortable asking for help when we need it?

Have you ever found yourself in a situation when you asked for help and it didn't seem like you received any? What happened? How did that feel?

Read Psalm 146. What sticks out to you from this passage and why?

What is your favorite part of this passage?

What does the psalmist mention in verses 6-12 about God? How does understanding more about God increase your confidence in Him?

Trust is something that grows with practice. Have you ever experienced this in real life? What or how?

Our faith grows stronger when we practice trusting God in the small every day stuff. What are some small everyday things you need to trust God with?

What could you change in your routine to switch your dependency off of yourself and onto God?

Group Challenge: Try serving at church. Pick a ministry that interests you and email office@gracefreechurch.net to let us know you would like to get involved in serving.

