



Week 3

On a scale of 1 to 10, how easy is it for you to ask for help from...

- a. A best friend?
- b. An older sibling or relative?
- c. A parent or guardian?
- d. A teacher or coach?
- e. A Small Group Leader?
- f. God?

What's one thing that might keep a middle schooler from asking for help?

Why do you think we all try to do things on our own at times?

In what ways do you think relying on others can actually make you stronger?

Read Luke 11:9-10.

How might asking Jesus for help change things for you?

Who is one person in your life right now you can ask for help?

Who is one person in your life you can help right now?

This week, what's one step you can take to...

- g. Ask for help?
- h. Offer help?