Letters From My Future Self: Week 2
Discussion Guide

Discuss:

- Share a time when you didn't ask for help that you really should have…when you were much younger and less mature, of course. [5 min]
- We see the triage in others when they don't ask for help. What area of life do you wish someone close to you would ask for help? finances, relationships, directions, decisions, time management, repairs, etc. [5 min]
- Read **Exodus 18:1–27**. Brainstorm a list of principles and practices you could share with a friend who needs to ask for help more. [10 min]
- If someone else were to need help in a specific area of life where you could really offer them help? What would that area be? [5 min]

Challenge:

Identify one area where you should probably ask for help and one person you think would be safe to ask. [5 min]

Scriptures:

- **John 14:13-14** (ESV) "Whatever you ask in my name, this I will do, that the Father may be glorified in the Son. If you ask me anything in my name, I will do it."
- **Matthew 7:7** (ESV) "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

- **James 1:5** (NIV) "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."
- **Matthew 15:22, 25** (ESV) "And behold, a Canaanite woman from that region came out and was crying, "Have mercy on me, O Lord, Son of David; my daughter is severely oppressed by a demon."… The woman came and knelt before him. "Lord, help me!" she said.
- **Mark 9:24** (NIV) "Immediately the boy's father exclaimed, 'I do believe; help me overcome my unbelief!'"
- **Isaiah 30:19** (NLT) "O people of Zion, who live in Jerusalem, you will weep no more. He will be gracious if you ask for help. He will surely respond to the sound of your cries."
- **Matthew 9:37–38** (ESV) "Then he said to his disciples, "The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.""