

## Week 3 - "Four Words to Change Your Life"

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Group Discussion Guide

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### HELP.

*Why is it so hard to ask for help?*

### READ JOHN 2:1-11

On the third day a wedding took place at Cana in Galilee. Jesus' mother was there, and Jesus and his disciples had also been invited to the wedding. When the wine was gone, Jesus' mother said to him, "They have no more wine."

"Woman, why do you involve me?" Jesus replied. "My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Nearby stood six stone water jars, the kind used by the Jews for ceremonial washing, each holding from twenty to thirty gallons. Jesus said to the servants, "Fill the jars with water"; so they filled them to the brim.

### RESPOND

1. What are you running out of or are low on?
2. When was the last time you asked someone to help you with something? When was the last time you asked Jesus to help you?
3. When we partner with Jesus, big things happen we can't do on our own. Have you experienced this? Share a story.
4. When you feel like you're beyond help, do you recognize that you need to be rescued? Where do you go for rescue?

### REALITY

*Jesus is our Rescuer and our help in times of trouble.*

## **DO THE STUFF: When You Need to Ask for Help**

Say these words: *Jesus is my helper*

Think this thought: *Even when I'm resistant to ask for help, Jesus is willing to give it.*

Pray this verse: "I am justified freely by his grace through the redemption that came by Christ Jesus" (Rom. 3:24).