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**Week 2: Ask God for Help**

**INTRODUCTION**

Asking others for help can be difficult. Yet the Bible tells us that asking God for help will reduce the amount of anxiety we have in our lives. Do you generally find it easy to ask others for help when you need it or is it more of a struggle for you? How come?

**DISCUSSION QUESTIONS**

1. Philippians 4:5 tells us to let our gentleness be evident to all. Do you think if you increased the amount of gentleness in your life you would be less anxious? Why or why not?
2. In Matthew 18 Jesus tells us that whenever two or three believers are together Jesus is with them. How does it make you feel to know that Jesus is near?
3. Prayer is the hotline we have to God. Talk about how prayer generally happens in your life.
4. The Bible tells us to make our prayers specific. Why do you suppose that is?
5. When a blind man was brought before Jesus, Jesus asked him “What do you want me to do for you?” If Jesus were to ask you that same question what would you say?
6. Anxiety gets worse when we focus our worries inwardly. What are some things you can do to remember to push your worries outwardly towards God?

**STEPPING FORWARD**

This week, practice giving God your specific requests by answering the question “What do you want me to do for you?” every day. Pay attention to your anxiety as you do and try to identify if it increases or decreases

*“Surely I am with you always, to the very end of the age.”*

**Matthew 28:20**