

Life Group Discussion Questions

Grab a Handle – Becoming a Stretcher Bearer

Why We Don't Ask for Help

Gospel Gain:

Break through the barriers that keep people from asking for help.

Gathering Together (Icebreaker)

What makes it hard for people in need to ask for help? When you are in need, what prevents you from asking for help? Can you share about a time when you tried to do something on your own instead of asking for help and it did not end well?

Growing Together (Truth/Equipping)

This series is about learning to provide support, encouragement and care to people who have found themselves on a stretcher. There are some realities to keep in mind: 1) Someone close to you will find themselves on a stretcher. 2) At some point you will find yourself on a stretcher. Keep thinking about who is on the list of your stretcher bearers and for whom you can be a stretcher bearer.

Read **Hebrews 4:12-16**. What about this passage is encouraging to you? What does this passage tell us about asking for help in our time of need?

Read **Mark 9:17-27**. What stands out to you in this story? Why?

The father in this passage broke through the traditional barriers when it comes to asking for help. We will talk about those barriers and how we can help each other break through them when we are in need.

There is the barrier of openness and honesty. Why are most people so afraid to be open and honest with others? Why is there a fear to reveal our weaknesses? How can we develop a culture of openness and honesty about our struggles?

There is the barrier of rejection. What factors might contribute to the rejection experienced by someone who becomes open and honest about their struggles? How did Jesus respond to this father and his son when he shared his struggles?

Share other examples from scripture where Jesus responded with acceptance rather than rejection.

There is the barrier of pride. Describe what pride looks like when someone is in need, but pride is in the way. How do we cheat ourselves and rob others of the opportunity to help when pride stands in the way?

How can we help break down this barrier in our life and in the life of those we desire to help?

There is the barrier of guilt. This father felt like his faith was not at full capacity. He asked Jesus to help him with his unbelief? What do you think he was asking for in that question?

Why do people feel like they have to have everything in order before they can ask God for help?

What are other barriers that may prevent someone in need from asking for help?

Getting Real with One Another (Accessibility)

Which of these barriers do you wrestle with the most when you are in need? How can this group pray for you and support you in the desire to break through these barriers?

Group Prayer Time (Supplication)

- Pray for anyone we know that is on a stretcher right now.
- Pray that God would use Oakwood to be Stretcher Bearers to people in need.
- Pray that Oakwood Church would continue to develop a passion for God and compassion for people.