

# 5 WORDS TO CHANGE YOUR LIFE

## "Help"

### Introduction

The right words spoken in the right way at the right time will change your life. "Yes" will open new doors. "No" can avoid disaster. Joy is found in "Enough" and new life is found in "Help" and "Sorry". God will do big things with small words.

### Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

### Practice Truth

1. Do you think of yourself as someone who needs help? Why or why not?
2. Why do you think it's so hard to ask for help?
3. Our passage was based on John 2:1-11. What is the setting of the story? Describes the tension. What do we learn from the words and actions of the characters (Mary, servants, master of the wedding, disciples, Jesus)?
4. What does the story teach us about asking for help from Jesus?
5. In the story, Jesus answers Mary's request for help almost immediately. Why does it often appear to take Jesus much longer to answer our cry for help?
6. Who is helping you? Who are you helping?

#### Leader's Tip

Leave some time at the end of your first meeting for prayer requests. Let everyone know that each week there will be an opportunity for them to share good things that we can celebrate together or things that require prayer.

### Do Life Together

We ended our time by hearing the story of the 21-year-old cattle wrangler who was prepared to step in and offer help. How are you preparing yourself to be a source of help for others? Close by identifying one area of your life and ask God for help.