



Week #4: I Need Help/How Can I Help

- **“How can I help” is an invitation into _____ for my family.**

Submit to one another out of reverence for Christ.

Ephesians 5:21 (NIV)

Wives, submit yourselves to your own husbands as you do to the Lord.

Ephesians 5:22 (NIV)

Husbands, love your wives, just as Christ loved the church and gave himself up for her.

Ephesians 5:25 (NIV)

Children, obey your parents in the Lord, for this is right.

Ephesians 6:1 (NIV)

Parents, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

Ephesians 6:4 (NIV)

- **“How can I help” is an invitation into _____ for others.**

Share each other’s burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Galatians 6:2-3 (NLT)

- **“I need help” is an invitation into _____.**

Pride precedes destruction;

an arrogant spirit gives way to a nasty fall.

Proverbs 16:18 (VOICE)

...“God opposes the proud
but gives grace to the humble.”

James 4:6 (NLT)

- **“I need help” is an invitation into _____.**

*Two are better than one,
because they have a good return for their work:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.*

Ecclesiastes 4:9-12 (NIV)

- **“I need help” is an invitation into _____.**

But he said to me, “My grace is all you need. My power is strongest when you are weak.” So I am very happy to brag about how weak I am. Then Christ’s power can rest on me.

2 Corinthians 12:9 (NIRV)

Discussion Questions

1. The concept of mutual submission described in Ephesians 5 is challenging for many people. How would you define what mutual submission means? What might that look like in your closest relationships?
2. Why is asking for help difficult for many people? Are there times in your life that you were reluctant to ask for help but ultimately did so? What was that experience like?
3. In 2 Corinthians 12:9, it says that God’s power is strongest when we are weak. In what ways have you seen this demonstrated in your own life or in the lives of others around you?

Recommended Resources

- *Life Lessons from Ephesians*, by Max Lucado
- *The Freedom of Self-Forgetfulness*, by Timothy Keller
- *How to Have That Difficult Conversation*, by Dr. Henry Cloud and Dr. John Townsend

(NIV) New International Version

(NLT) New Living Translation

(VOICE) The Voice

(NIRV) New International Reader’s Version

Week #4: I Need Help/How Can I Help - **FILL**

- **“How can I help” is an invitation into mutual submission for my family.**

Submit to one another out of reverence for Christ.

Ephesians 5:21 (NIV)

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Ephesians 6:4 (NIV)

- **“How can I help” is an invitation into meaningful service for others.**

Share each other’s burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Galatians 6:2-3 (NLT)

- **“I need help” is an invitation into humility.**

*Pride precedes destruction;
an arrogant spirit gives way to a nasty fall.*

Proverbs 16:18 (VOICE)

*...“God opposes the proud
but gives grace to the humble.”*

James 4:6 (NLT)

- **“I need help” is an invitation into community.**

*Two are better than one,
because they have a good return for their work:
If either of them falls down,
one can help the other up.
But pity anyone who falls*

*and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.*

Ecclesiastes 4:9-12 (NIV)

- ***“I need help” is an invitation into healing.***

But he said to me, “My grace is all you need. My power is strongest when you are weak.” So I am very happy to brag about how weak I am. Then Christ’s power can rest on me.

2 Corinthians 12:9 (NIRV)

Discussion Questions

1. The concept of mutual submission described in Ephesians 5 is challenging for many people. How would you define what mutual submission means? What might that look like in your closest relationships?
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