



Part 3 – Getting Help

March 31, 2019

Choices for healthy, productive, godly growth

1. Admitting need
2. Getting help
3. _____ go
4. Coming _____
5. Making _____
6. Repairing _____
7. Maintaining _____
8. _____ pain

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world.”

C.S. Lewis, *The Problem of Pain*

Matthew 11:28-230 (NIV) – *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

What is God like?

1. God is _____.
2. God is _____.
3. God _____ us _____.
4. God offers us _____.
5. God _____.

Hebrews 11:6 (NIV) – *Without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

Next Steps

Pray about it.

- Ask God to give you the courage to use fear and pain to point you in his direction.
- Tell God that you trust him with your fear and pain and that you are willing to follow his lead.

Write about it. (Get a journal if you don't already have one.) This week, write about...

- Who or what have you blamed for your problems--either partially or completely?
- What pain have you been denying?
- What pain has God been using as a megaphone to get your attention?
- In what area(s) do you feel stuck in the pain of your past?
- In what area(s) are you ready to allow God to start helping you?
- What area(s) are you still afraid to turn over to God?

Share about it.

As you pray and look for someone to share this journey with you, think about these things. (For each question, if the answer is "no," look for someone else.)

- Does he/she have a growing relationship with Jesus Christ?
- Does this person's walk match his/her talk?
- Is he/she a good listener?
- Does he/she show compassion, concern, and hope?
- Is he/she strong enough to confront my denial or procrastination?
- Does he/she offer suggestions?
- Can he/she share his/her own past and current struggles with me?