

**PSALM 51:17(NLTSE)** The sacrifice You desire is a broken spirit. You will not reject a ***broken*** and ***repentant*** heart, O God.

- One of the first steps to any significant healing, that enables us to walk in lasting victory, is realising we need God's sovereign intervention.
- Living in denial or refusal to allow a restorative work of the Holy Spirit, is destructive.
- Too many people, especially in church culture, live as if it's a shame to admit they need help and end up never asking for help
- It's as if there's some unwritten code that if you've walked with God for a certain length of time, then there's an expectation that we no longer need help again with issues many people struggle with.
- Granted, we're not meant to be spoon fed all our lives but ***everybody needs somebody sometime***
- We are stronger together:

**ECCLESIASTES 4:9-12(NLTSE)** "Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken"

- There is absolutely no shame in needing the care and nurturing that the body of Christ can give, no matter how long we've been walking with God.
- Consider the impact that Mary Magdalene's life story has had on countless people. Her "fame" is based on her desperate need for help.

**MARK 16:9(NLTSE)** After Jesus rose from the dead early on Sunday morning, the first person who saw him was Mary Magdalene, the woman from whom He had cast out seven demons.

- It's interesting that the world's first evangelist, was someone who was possessed by seven demons. Someone who desperately needed God's help
- I'm not so sure we'd be willing to share with others that we were possessed.
- Admitting to needing help and being willing to receive it, is humility. God can work with the humble:

**JAMES 4:6(NKJV)** But He gives more grace. Therefore He says: "God resists the proud but gives grace to the humble."

**MATTHEW 11:28-30(NLTSE)** "Then Jesus said, "Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For My yoke is easy to bear, and the burden I give you is light."

- May we be willing to make ourselves completely vulnerable

**PSALM 139:23-24(NLTSE)** "Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life"

### **CARE GROUP DISCUSSION**

1. What factors do you think keep people from asking for help?
2. What makes the help of others so effective, as described in ECCLESIASTES 4:9-12?
3. What is stopping you from asking for help and how will you deal with this?