

# WEEK 2

## SMALL GROUP GUIDE



### BIG IDEA

We can worship by asking for God's help.

### BIBLE

**Ask for Help:**  
Psalm 80:8-19; Hebrews 12:1-2

## QUESTIONS

- Read Psalm 80. Where did Asaph go to get help?
- The author of this Psalm asks for help from God more than once. Do you think it's okay to seek help more than one time – even if it's for the same problem?
- What are some things Asaph asked God to help with?
- Read Hebrews 12:1. How does sin tangle us up or slow us down from living the life God has given us?
- Do you think it's hard or easy to ask for help? Why?
- Does asking for help make you weak or strong?
- When someone asks you for help, are you happy to help them or do you withhold help? Or do you sometimes do both? Why?

## ACTIVITY

Give each kid half of a paper plate on which they'll glue on grey construction paper they've cut in the shape of mountains. Have them write or attach a Big Idea or memory verse graphic. At the base of the mountains, invite the kids to draw grass or use green paper. Finally, have them cut out the climber from the printable and fasten the "stick" part of their climber behind the plate so that the mountain climber sticks out at the top. Scan QR code for an idea of what this will look like.



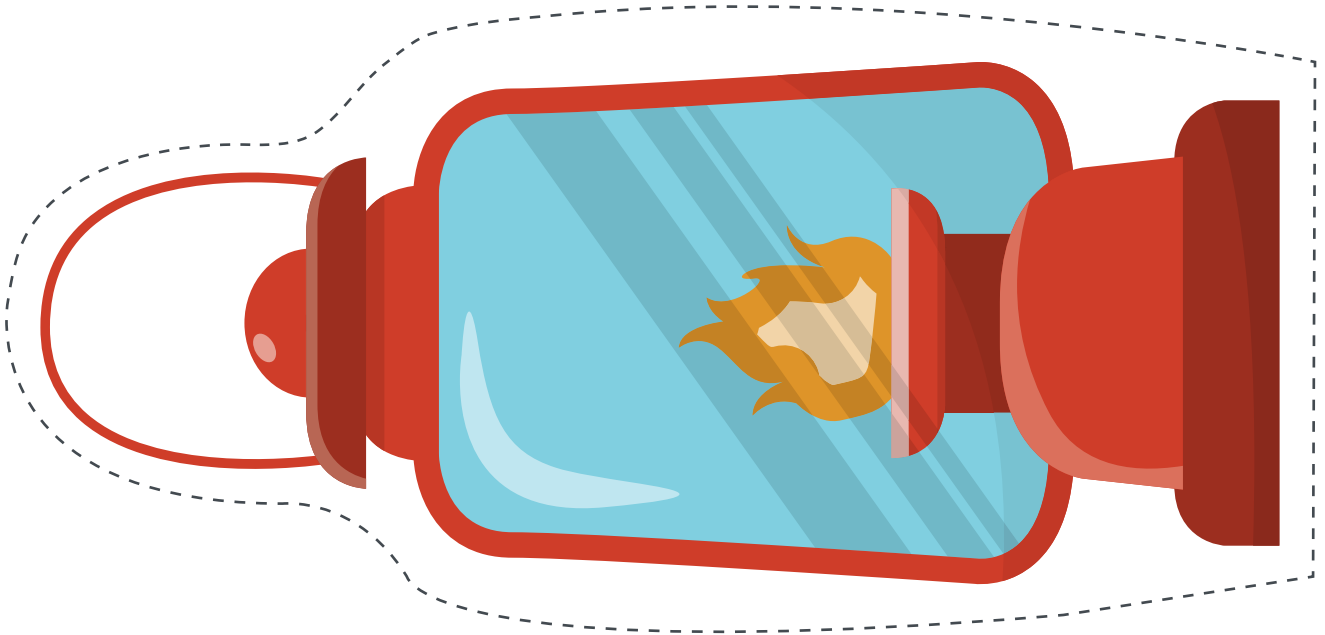
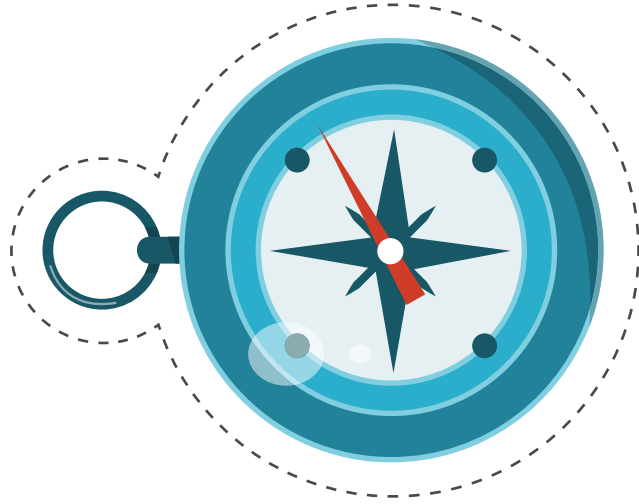
People often refer to a problem in their life as a mountain. Mountains are majestic and show how amazing God is, but they are often difficult to climb. We may not all be able to climb a tall mountain like Mount Everest, but we can definitely get the help we need with the problems we are facing. And **we can worship by asking for God's help**, even before we get it. We know God will come through for us!

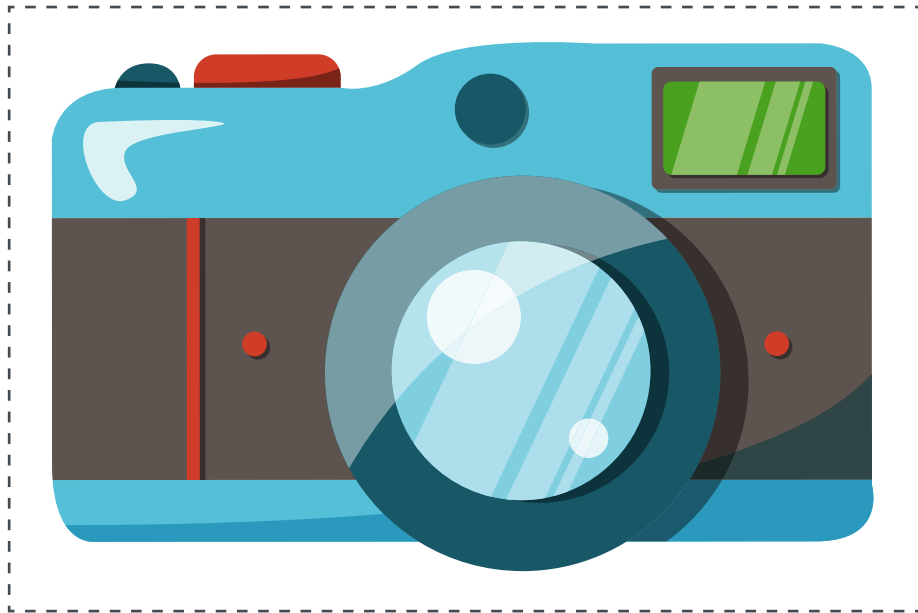
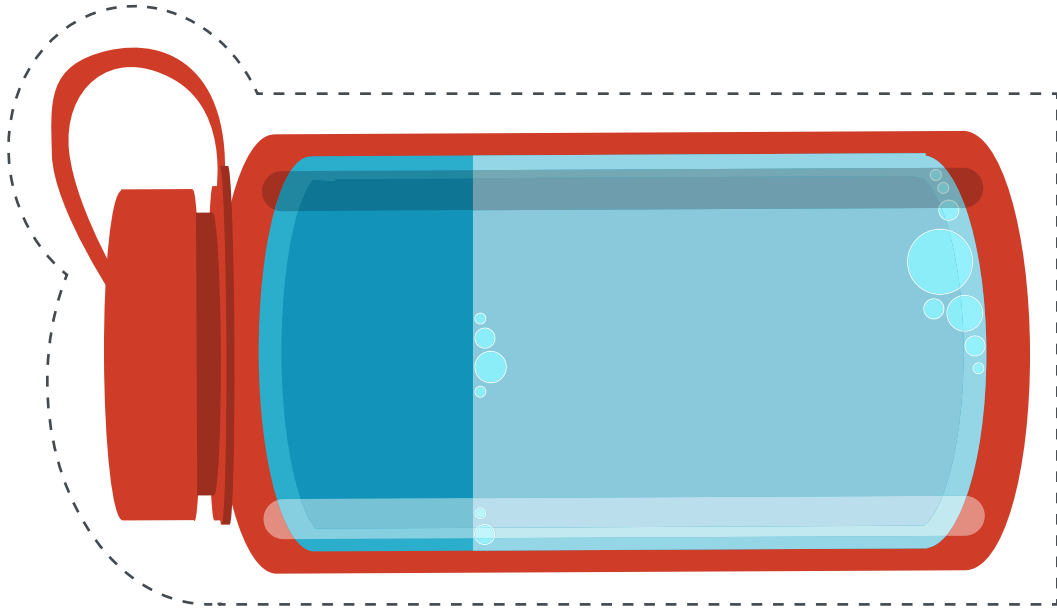
**MEMORY VERSE:** "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." – Psalm 139:14 (NIV)

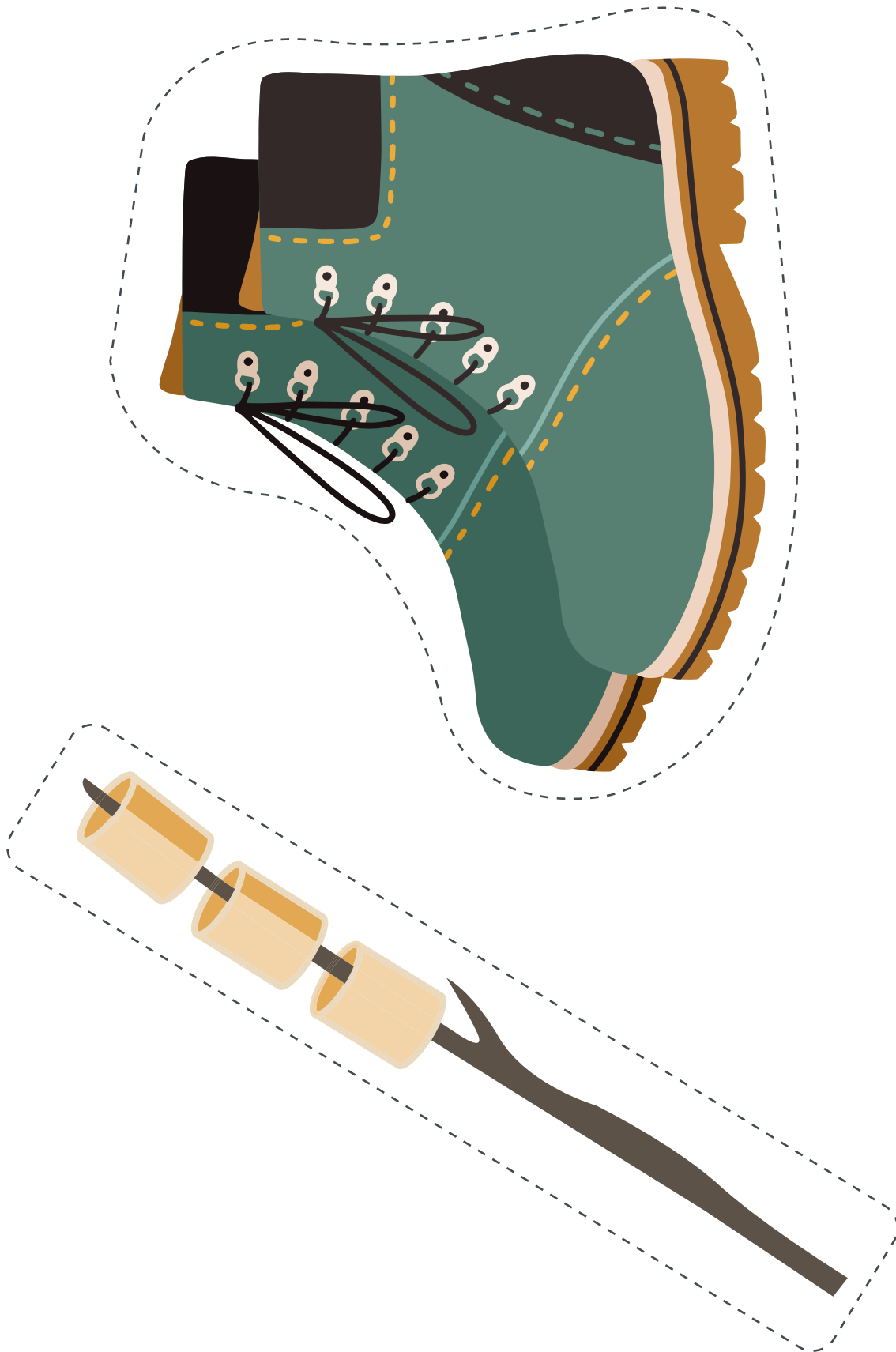
[Click here](#) for a memory verse sign language tutorial video you can share with your families and volunteers!











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