

ESSENTIALS

Week 3

How easy is it for you to ask for help from...

- a. Your parents?
- b. Your best friend?
- c. Your teammates?
- d. Your Small Group?
- e. God?

What do you think keeps some students from asking for help when they need it?

Do you think asking for help is a sign of strength, weakness, or both? Why?

Read Ecclesiastes 4:9-12

Why is having a supportive community important if we want to be resilient?

When is it important to bring an adult or a trusted leader into a difficult situation?

This week, what's one step you can take to...

- f. Ask for help when you need it?
- g. Offer help to someone else who needs it?