

# WEEK 9: FOCUS ON HELP

**MATTHEW 15:(10-20), 21-28**

Jesus encounters a woman on the road who needs his help. At first, he doesn't answer her, then he tells her no, but finally, she convinces him to help her. Everyone needs help sometimes. When we need it, we can ask God for help, and we can be confident God will help us.

## Out into the World:

- Sometimes we are happy to help others, but we don't like to ask for help. This week, look for a chance to ask for help with something, even if you know you could handle it on your own.
- As we grow older, we often grow out of things that used to fit us. Are your ways of helping like a pair of pants that are too short? This week, look for a chance to help your family or your community in a way that might have felt too challenging before.
- Try spending a day—or even an hour—aying yes to every request for help. Notice how you feel after your extra helping.

**Dig  
Deeper**

When you help someone, do you expect that person to help you out in return? Do you ever feel obliged to help someone who helped you in the past?