The Medicine Cabinet: Week 5 — "Get Help"

CONNECT: If you were competing on the show *Who Wants to Be a Millionaire*, who would your "phone a friend" person be?

GROW:
1. First, let's read **Exodus 18:13-23** to refresh our memory of the story of Moses and Jethro that Scott talked about.
    ○ What stands out to you most about this story? What parts do you relate to?
2. If you struggle to ask for help in at least one area, ask yourself the same question Jethro asked Moses: "Why do you sit alone?" In other words: Why do you parent / make decisions / lead / face temptation / face sickness / do life alone?
    ○ Is it pride? Do you feel like you have no one? Have you been hurt in the past?
3. **Read Proverbs 27:6.** Then read Paul's words to the Galatian church in **Galatians 4:16.** Answer honestly: Would you rather have someone tell you what you *want* to hear, or what you *need* to hear? How do you handle being told the truth?
4. Scott talked about the importance of having people in your life who you can to sit down with and talk about the things that matter most (struggles, stressors, temptations, marriage, parenting, your relationship with God, etc.).
    ○ Do conversations of depth come naturally to you? Why or why not?
    ○ Are there close people in your life who you regularly have conversations of depth with? Who sits in your other chair?
5. If you're a leader in some capacity, take an inventory of the people you surround yourself with—are they honest when they don't agree, or do they only ever give you positive feedback on your decisions and methods?

PRAY: If you don't have trusted people in your life, ask God to bring those people into your life. And if you do, pray for the courage to ask for help where it's needed, initiate the needed conversation, ask the difficult question, and take to heart to the difficult answer.

NEXT: Scott's challenge was to initiate one real conversation with one real and trusted person this week. Ask one real question and request a real answer.