

Keeping Your Cool - Help Me Help You -

1. Help you help me. “A brother is born to help”. - Proverbs 17:17 *Ecclesiastes 4:9-12; Psalm 121:2; Genesis 2:18; Genesis 1:28; John 14:16-17; 1 John 4:13*

Ask for help.

Be helpful. *Romans 12:13; Proverbs 3:27-28*

Connect in community.

2. Help you know me. “To be known means I am not alone.” *Hebrews 10:25; Hebrews 10:24; 1 Corinthians 12:7-11*

3. Help you grow me. “Receive with meekness the implanted Word”. - James 1:21

“It doesn’t matter how much authority or power a feedback giver has; the receivers are in control of what they do and don’t let in, how they make sense of what they’re hearing, and whether they choose to change.” - **Sheila Heen and Douglas Stone, *Thanks for the Feedback***.

Ephesians 3:16-19 - *I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.*

Next Week’s Reading Guide:

Psalm 32; 1 John 1:5-10
Matthew 5:21-24; 38-42
Ephesians 4:1-4; 31-32
Matthew 18:21-35
Colossians 3:12-17
Psalm 103:1-18; Luke 23:26-34
2 Corinthians 2:5-11

Discussion Questions:

1. Have you viewed helpfulness as an attribute of God? Would that change whether you receive help more readily?
2. Who outside your spouse/family knows you? How well?
3. How willing are you to receive feedback? What is your main trigger? Would you be willing to grow in “pulling” feedback and thereby owning your growth?
4. Who would you be likely to ask for feedback?