



Life Group Study Guide

A new normal. These past several weeks have forced us to adapt to new ways of doing things. Work. School. Even the way we do mundane tasks like getting groceries. And, in the weeks or months ahead, as stores and parks and schools reopen and social distancing is reduced and eventually eliminated, there will undoubtedly be yet another new normal to the way we live, relate, learn, play, and live.

But, what if it wasn't just a new normal, but a better normal? What if we take the lessons learned this spring and use them as a catalyst to living differently? By changing habits and adopting new ways of thinking, what if we could not just alter our routines but use them to strengthen our relationships, minds, bodies, finances, and everything in between?

Join The Water's Edge, beginning April 19th, as WE take a look at not just a new normal, but A New Better Normal.

Weomaha.com/Normal

Week 4: All By Myself

Watch:

May 10, 2020 Sermon

Available on-demand on Facebook.com/WEOmaha,
YouTube.Com/WE Omaha and WEOmaha.com/normal

Read:

*Two are better than one,
because they have a good return for their labor:
If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
Though one may be overpowered,
two can defend themselves.
A cord of three strands is not quickly broken.
-Ecclesiastes 4:9-12*

*When his father-in-law saw all that Moses was doing for the people, he said,
“What is this you are doing for the people? Why do you alone sit as judge, while
all these people stand around you from morning till evening?”*

*Moses answered him, “Because the people come to me to seek God’s
will. Whenever they have a dispute, it is brought to me, and I decide between the
parties and inform them of God’s decrees and instructions.”*

*Moses’ father-in-law replied, “What you are doing is not good. You and these
people who come to you will only wear yourselves out. The work is too heavy for
you; you cannot handle it alone. Listen now to me and I will give you some advice,
and may God be with you. You must be the people’s representative before God
and bring their disputes to him. Teach them his decrees and instructions, and
show them the way they are to live and how they are to behave. But select
capable men from all the people—men who fear God, trustworthy men who hate
dishonest gain—and appoint them as officials over thousands, hundreds, fifties*

and tens. Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.” -Exodus 18:14-23

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” -Joshua 1:9

Ask:

1. When it comes to asking for help, how would you rate yourself on a scale of 1-5 (1 being you are horrible at asking for help, 5 being you are extremely comfortable asking for help.) Why do you rank yourself that way?
2. Ecclesiastes 4:9 starts out with “Two are better than one.” Name some ways you have seen this to be true in your own life.
3. **One of the biggest defects in life is the ability to ask for help.** Why do you think it is so hard for us to ask for help?
4. Has there been a time in your life when you knew you needed help but refused to ask for it? How did things turn out? What circumstances led you to believe you could handle things on your own? How could things have turned out differently had you asked for help?
5. Jethro insists that Moses asks for help. He tells Moses that he is at risk for burning himself and those who depend on him out. Essentially, Jethro is telling Moses that he risks disappointing the very people he is trying to help by doing it on his own. What are some examples you can give of this happening? (These can be personal examples or in general.)
6. Moses takes Jethro’s advice and finds “capable, trustworthy men” to help him. Who are these people in your life? The people you feel at ease and trust to rely on for help?
7. Think of the people who God has placed throughout your life? What qualities do these people have in common?
8. It takes courage to ask for help. What steps can you take today to ask for help when needed? How can you identify when you truly need help? How can you identify who you will ask to help you?
9. *“A cord of three strands is not quickly broken.” -Ecclesiastes 4:9-12* Think of your life as this cord. Who are the people who have made up the strands along the way? How has their help impacted the person you have become today? How has their help pointed you toward Christ?

10. Think of some areas you need help in currently. Take a moment to share these things with one another and pray that you will each find the courage to ask and accept help with these things.