**Small Group Ministry**

**Group Session Plan**

**Asking for Help**

**Opening Words**

Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands; one for helping yourself, and the other for helping others

Audrey Hepburn

**Check-in/Sharing**

**Topic/Activity**

1. When do you feel overwhelmed?
2. How does it feel to be the position of needing help?
3. Do you hesitate to ask for help? Why or why not?
4. Tell of a time that you asked for help and received it, or of a time that you asked but did

not receive help.

1. How can you ask so that you get the help that you need?

**Closing**

“We Need One Another,” *Singing the Living Tradition* #468 or

I don't need your help, thank you.

Things are fine, thank you.

It doesn't look that way to you, you say?

Well, things are fine-just leave me alone.

I can handle this. I'll do it myself, thanks.

But wait, maybe, just maybe, a little help,

A little support, a little assistance would be good.

Maybe, just maybe, I get along better with your help.

Thanks for offering.

Helen Zidowecki

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