**God Helps Those Who Help Themselves**

**Participant Guide**

**LEAN IN**

What is something that you avoid asking for help with?

**LOOK DOWN**

*Read Exodus 2.*

What surprises you about this passage?

Where do you see God’s help in this passage?

**LOOK OUT**

Where do you see people in your life who need God’s help?

Where do you see God asking you to help someone else?

**LOOK IN**

What is something in your life that you have been trying to handle on your own – without God’s help?

**LIVE IT OUT**

What could it look like for your group to provide help for someone else – to be used by God?