



**THERE IS HELP**  
**STAY ON COURSE — part 3**  
**SEPTEMBER 11, 2022**  
**FACILITATOR GUIDE**

**IS THERE AN APP FOR THAT?**

App designers today understand the weird relationship people have with their phones. They make apps that will help or enhance nearly every area of our lives, as well as apps that are the biggest time wasters.

Here is just a small list of the weirdest apps that you can download:

- 1 CUDDL** (This is not just a dating app, but an app to help you meet up with people in your area for the sole purpose of cuddling.)
- 2 Carr Matey** (Forgot where you parked your car? This app can tell you where it is in a pirate's voice.)
- 3 Nothing** (This app does just what the name implies. Push the button and your phone will display a blank screen and your messages and notifications will be hidden. It is really meant to help de-clutter your mind.)
- 4 S.M.T.H.** (Stands for Send Me To Heaven. It is a game where you score points for how high you can throw you phone into the sky and catch it. I wonder how many phones that been broken using this app??)
- 5 \$1,000,000 (\$1 Million.** This app does nothing but let you imagine you are a millionaire and are sitting around counting your money. That's all you do....you count money to a million!)

**What is the most useless app on your phone?**

**What are the most helpful apps on your phone?**

**How many times a day/week do you search for an answer to a question on your phone or computer?**

Technology at our fingertips can be very helpful in many situations. But what did we do before cell phones and computers?

**To where or to whom did you go for helpful advice before the internet? (Parents, friends, library, encyclopedias, etc.)**

**On a scale of 1-10 (10 being most uneasy/anxious), how does it make you feel when you leave your phone at home?**

**How many of you have ever left your phone at home and then gone back to get it?**

**Can you describe the feeling you get when you have lost something? [Fearful; numb; a void; etc.]**

In *rough* comparison, this may have been how the disciples felt when Jesus told them He was going away. Jesus had been the place they went for answers.

**John 13:36-38**—Simon Peter said to him, “Lord, where are you going?” Jesus answered him, “Where I am going you cannot follow me now, but you will follow afterward.” 37 Peter said to him, “Lord, why can I not follow you now? I will lay down my life for you.” 38 Jesus answered, “Will you lay down your life for me? Truly, truly, I say to you, the rooster will not crow till you have denied me three times.

Jesus had been a security blanket for these men. He taught them. He loved on them. He was the place where they received messages from God. He was their friend with whom they could have honest conversations and share their doubts. The thought of doing life without Him left them shaken.

Knowing their fears, Jesus said to them:

**John 14:16,18 & 26**—

16 I will ask the Father, and He will give you another Helper, to be with you forever

18 I will not leave you as orphans; I will come to you.

26 But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all that I have said to you.

**Who is the One that God will send? [The Helper; The Holy Spirit]**

**What is His job? [Be with you; Teach you things; Bring to remembrance what Jesus said.]**

**Is there a time that stands out to you when the Holy Spirit fulfilled one or more of these purposes for you?**

**The first “Help” for believers is the HOLY SPIRIT.**

## THE SECOND HELP

### 2 Peter 1:20–21—

20 knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation. 21 For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

### Proverbs 30:5 —

5 Every word of God proves true; He is a shield to those who take refuge in Him.

**According to 2 Peter, what is the second Helper? [The Word of God/ The Bible]**

**Can you quote a favorite verse from the Bible?**

**Why is that verse so special to you?**

### 2 Timothy 3:16—

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

“Breathed out by God” is a phrase that also means “**INSPIRED.**”

The Greek word for “breathed out by God” is *theopneustos*. (teh-op-new-stos) This tells us that when God breathed upon men, He inspired them with the words to right in order to get His message across.

**Along the coast of Victoria, Australia, the beach is dotted with bent-over trees. Some are bent at an angle of more than 90 degrees because of the nearly constant wind that blows. Like a breath, the wind hits the trees which forms them to the will of the breeze. The lesson in those trees teaches us that we are influenced and transformed by something—either the people we spend time with, choices we make or the breath of God that moves through His Word. You aren't changed by chance, but by choice.**

**How can spending time in the Bible transform you?**

**Can you believe a book written by men to be the Word of God? [The Bible was written by 40 different men, in 3 different languages, over a period of 1500 years. Yet, it doesn't contrast each other and works like a cohesive message. The Bible holds scientific knowledge sometimes thousands of years before its discovery by modern man. These were things that only the Creator Himself could have known and told man to write. Knowing this, does it enhance your faith to believe in its authenticity?]**

## THE THIRD HELP

### Hebrews 10: 24-25—

24 And let us consider one another in order to provoke love and good works,

25 not neglecting to gather together, as some are in the habit of doing, but encouraging each other, and all the more as you see the day approaching.

**According to this verse, what is the third help God has given to us? [Each other. ]**

**What are we to be doing for one another regularly? [Cheering one another on to do good works, encouraging each other. ]**

**When was the last time you helped someone? (Examples: opened the door for them, gave them money, put something on the top shelf, gave someone a ride, let someone in line in front of you, etc.)**

**When was the last time someone helped you? What did they do?**

**Did you ever try to tackle a project on your own but got in a bind and found you needed help? If yes, who or what came to your rescue?**

**Do you think you do a good job at encouraging others?**

**Do you think this group does a good job of being there for one another, or is there something more we can do?**

When we give of ourselves to help one another, encourage one another, or cheer one another on, we are allowing the **HOLY SPIRIT** (the original Helper) to be at work through us.

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## **PRAYER TIME**

- Thank God for His Holy Spirit that is our constant help. Thank Holy Spirit for His work of encouragement through the Bible and brothers and sisters in Christ.
- Pray that the Spirit will direct you to Scriptures and through the Word.
- Ask God to show you who you might bless with encouragement or a helping hand.