



Closer Than You Think 5 – Help is Closer Than You Think Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take a next spiritual step, contact us at info@wschurch.org.

Scripture:

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. ¹⁵ This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. ¹⁶ So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Hebrews 4:14-16

Reflection Questions:

- Share one moment from your week where you experienced God's presence and nearness. (Don't overthink it – just share the first thing that comes to your mind.)
- What stood out to you from Sunday's service? How did you sense God at work in you through the songs, the message, and being together with others as part of the church? (The message main points and scripture are listed below if it helps you think back.)
- If you could ask for God's help for anything in your life, what would ask for? (Share simply and let everyone share who wants to.)
- Read Hebrews 4:14-16. If possible, read it in several different translations. What image stands out to you from these verses?
 - What does it show us about God?
 - What does it tell us about Jesus?
 - What does it show about us as humans?
- Do you sense God calling you to do anything in response to this message?
- Consider the declarations Eddie had everyone repeat in service, specifically "I need help with _____." Take a few moments to think about what you made need to place in that space. What is it that you need help with right now? Is there anyone you can turn to for that help?

- During this teaching series, we've explored that God is closer than we think. What has stood out to you over the past several weeks (other themes: connection is closer, truth is closer, forgiveness is closer...) that you want to remember or explore more?
- Take some time to be silent and quiet and focus on God's presence with you. Don't fill that space with words - focus on God and listen. What is it like to be still and know that He is God – and that He is closer than you think?
- The worship team sang a song, "So Close" by Brandon Lake. Listen to it this week and let the words guide your prayer and worship. Find a link to listed at www.wschurch.org/songs.

Looking for some ways to grow and be stretched spiritually? Check out our highlighted resources at www.wschurch.org/resources. These resources can be purchased using the links or are available for a small donation at the Next Steps area on Sunday mornings.

Message Main Points and Scripture:

- **Am I willing to seek and accept help?**
- **Secure your own mask first, then assist those around you.**
- **"Where does my help come from?"** (Psalm 121)
- **Psalm 121:1-2:** *I look up to the mountains— does my help come from there? My help comes from the LORD, who made heaven and earth!*
- **The purpose of the creation is to remind you of the Creator.**
- **Isaiah 40:1:** *"Comfort my people," says your God. "Speak tenderly to Jerusalem. Tell her that her sad days are gone and her sins are pardoned."*
- **Even though God disciplines those he loves, he also comforts those he disciplines.**
- **2 Cor. 1:3-4:** *All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.*
- **God is the only supplier of genuine comfort.**
- **2 Cor. 1:8:** *We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it.*
- **2 Cor. 1:9:** *But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.*
- **God can use your worst moment to teach you the best lesson.**
- **2 Cor. 1:10:** *And God did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.*
- **I declare that I need help.**
- **I NEED HELP WITH _____.**
- **Ephesians 3:14:** *For this reason I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.*

- **God is adding his strength to your struggle.**
- **I will ask now, not later.**
- **I will be completely honest.**
- **Ephesians 3:17:** *I pray that you, being rooted and established in love, may have power, together with all the saints...*
- **I will draw my best strength from Jesus.**
- **Hebrews 4:14:** *So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*