

God Will Help You



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A PDF COMPANION TO THE AUDIOBOOK

CHAPTER 1

*God Will Help
You When You
Feel Anxious*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. What is causing you the most anxiety today? Describe the situation and how it's making you feel. What are your thoughts about it? How is it affecting your everyday life?

2. Paul gives four instructions in Philippians 4:4–8. (1) Celebrate God’s goodness. (2) Ask God for help. (3) Leave your concerns with God. (4) Meditate on good things. Of those four, which do you practice most often, and which do you do the least? Why do you think this is?

3. Let's walk through the C.A.L.M. method with the scenario you wrote about in the first question.

Celebrate God's goodness. Spend a few moments writing down the characteristics of God you have seen at work in your life. Describe a time he was faithful to you.

Leave your concerns with God. List whatever is still on your mind in the space below. Then surrender that list to God by asking him to lift these burdens from you.

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Meditate on good things. End your reflection time by meditating on such things as the goodness of God, the beauty of nature, or a piece of art you love—whatever inspires goodness in you. Journal about it in the space below.

CHAPTER 2

*God Will Help
You Solve Your
Problems*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. What problem are you facing right now?

What resources do you have to help fix this problem?

What resources are you lacking?

2. Have you asked God to help you with this problem?

Why or why not?

3. Read John 6:1–13 again. Underline everything Jesus did and said in this passage. Of those things you underlined, what stands out to you most and why?

4. If Jesus were sitting with you right now, how would you tell him about your problem? How would you ask him for what you need?

5. Make a list of what you need to solve your problem.

Do you believe God can provide these things for you?
Why or why not?

CHAPTER 3

*God Will Help
You Through
Your Fears*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. Where do you typically fix your gaze during a stormy time in life? On God, on others, on a coping mechanism? Why do those things draw your gaze?

2. Spend some time imagining what it would have been like to be a disciple in this story, on a boat in the middle of the Sea of Galilee during a storm. How would you feel? What kind of thoughts would you have been thinking?

Now, imagine what it would be like to see Jesus suddenly appear in the midst of your fear and uncertainty on the boat. How would your thoughts and feelings change?

3. Think of a storm you are going through now. What are your fears in the midst of it? List them below.

What “diplomas” does God have that would allow him to ease these fears (for example, strength, forgiveness, or love)?

CHAPTER 4

*God Will Help
You When You
Feel Stuck*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. Write down any thoughts you have on the story of the man by the pool of Bethesda. Do you have any tension with the text? Questions? Any inspiration or conviction?

2. In what area of your life do you feel stuck right now and why? How long have you felt stuck there?

Answer the question Jesus asked the man by the pool of Bethesda: “Do you want to get well?” Why or why not?

3. Reflect on a time you felt stuck in the past. What made you unstuck?

How could you apply that same strategy to the circumstance you wrote about in question two?

CHAPTER 5

*God Will Help
You When You
Feel Lonely*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. Describe a time when you felt lonely. That time could be now or sometime in the past. What made you feel lonely? What was the hardest part of feeling lonely?

2. What does the word *Immanuel* mean, and why is this word important for us to understand?

3. Have you ever thought about turning to Jesus during your loneliness? Why or why not?

4. How could the promise of Immanuel help you feel less alone right now?

CHAPTER 6

*God Will Help
You in Your
Everyday Life*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. If you had been a bystander at the wedding in Cana, what would you have thought of Mary's request of Jesus and why?

Compared to the other miracles Jesus performed during his ministry, such as restoring sight to a blind man and raising a girl from the dead, how do you think this miracle compares? Why do you think it's recorded in the gospels?

2. What is the “smallest” prayer you’ve ever prayed, a prayer for something seemingly insignificant? Was the prayer answered? If so, how? If not, how did you respond to God’s silence?

Do you believe that “our diminishing supplies, no matter how insignificant, matter to heaven”? Why or why not?

3. Use the space below to list some ordinary, everyday things you feel anxious about or need prayer for.

How do you feel about offering this list to God in prayer?

CHAPTER 7

*God Will Help
You When You
Are Sick*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. What needs healing in your life right now? Your health, your heart, a relationship? Describe it below.

What has been the most difficult part of this sickness or brokenness?

2. How can you relate to the woman in Mark 5 who touched Jesus' garment in an attempt to be made well? Have you ever felt desperate for healing the way she did? If so, where have you gone to seek it?

3. The Gospel of Mark also tells the story of a group of men who helped their friend who was a paralytic. Has your community ever helped you during a time of need? If so, what was that experience like?

Thinking back to your answer for question one,
what would it look like for you to reach out to your
community for help and support in the midst of this
sickness or brokenness?

What would it look like for you to reach out to Jesus?

CHAPTER 8

*God Will
Help You Get
Through Grief*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. When we think of grieving, we often think of the grief that follows death. But you can grieve many things: a dream, a relationship that has ended, an old home or city you moved away from. What are you grieving today, or what have you grieved most recently? What has your grieving process looked like?

2. In the story of Lazarus's resurrection, Jesus was sad that his friend had died. How does it feel to know Jesus also experienced grief?

Write down the thoughts or questions you have for Jesus about what you are grieving right now. Be honest with him. Remember, he has felt what you feel.

3. How have you experienced hope in the midst of grief, either in the season of grief you are in now or grief you've experienced in the past?

CHAPTER 9

God Will Help You with Guidance

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. Is there a change or transition you are facing in your life? How do you feel about this change?

In the past, how have you responded to seasons of change? Has this response been helpful or hurtful? Why?

2. As someone who knows the end of the story, how would you have helped the disciples understand Jesus' announcement that he would be leaving them?

Now, pretend you know the end of your story in the midst of whatever change or transition you are facing. Trust that it will be a hard but good and necessary change. What words of comfort could you give yourself today in the same way you wrote words of comfort to the disciples?

3. What role does the Holy Spirit play in our lives?

How could you rely on the Holy Spirit to help you during this time of change?

4. Have you ever received a “reassignment” from God due to a transition? What was it, and how did it change you?

What reassignment could be in store for you during the transition you're in now, and how do you feel about it?

CHAPTER 10

*God Will Help
You Forgive*

Reflection

Spend some time reflecting on what you have read by journaling your thoughts and answers to the following prompts and questions.

1. Forgiveness is a tough topic and can raise difficult memories. What thoughts and memories came to mind as you read through today's reading?

Did you think of anyone specific who you need to forgive? If so, who? Why do you need to forgive this person?

2. Read about Jesus' washing the disciples' feet again in John 13:3–5. What stands out to you in the passage?

How would it have felt to be a disciple in the upper room that night?

3. What do you believe the purpose of forgiveness is, and how have you come to that belief? Through personal experience, Scripture, what someone told you? Explain your answer below.

4. Of the steps to forgiveness described in today's reading, which one could you take today in regard to someone you need to forgive? What would taking that step look like for you?
