

Preparation for G201 – Asking For Help

Help, I need somebody,
Help, not just anybody,
Help, you know I need someone, help.

When I was younger, so much younger than today,
I never needed anybody's help in any way.
But now these days are gone, I'm not so self assured,
Now I find I've changed my mind and opened up the doors.

Help me if you can, I'm feeling down
And I do appreciate you being round.
Help me, get my feet back on the ground,
Won't you please, please help me?
Beatles

Sometimes a list of questions can look like a quiz. (Don't leave anything blank!) That is not the purpose of the questions below. Let them stimulate reflection rather than responses, stories from your life rather than specific answers. Our stories are the treasures we share in our circles.

<http://archive.uua.org/publications/music/recordings.html> Here is a link to the tune of hymn #1027, Lean On Me, used in this session, in case you need a little help remembering it.

1. When did you really need help and not ask for it? What was the outcome?
2. What stops you or makes it difficult for you to ask for help? Experience? The culture of your family?
3. Do you have any role models in asking for help?
4. What strategies have you developed that enable you to ask for help?
5. What opportunities might you be denying others if you fail to ask for their help?
6. What role, if any, does prayer play in your life when you need help?
7. Do you feel that you owe it to your church community to ask it for help? Would you feel comfortable in doing so?

