

who will you be in '23?

How to be More Helpful

Q: When have you needed big-time help and seen real help prove life-changing for you? When have you had the joy of being truly helpful?

Explore [Acts 10:37-40](#). What stands out to you in Peter's description of Jesus' life and ministry?

Explore [Mark 2:1-12](#). Read it twice.

First reading, notice the friends, their outlook and actions. What stands out to you?

Second reading, notice Jesus' outlook, words, and actions. What stands out to you?

Q: How will you help others through your hands-on care? How will you creatively "carry others to Jesus?"

Q: How will you help others with your uplifting, good-news words?

Explore [John 16:7-15](#) (New American Standard Bible).

Q: How does the Holy Spirit as your "Helper" build your confidence?

Q: How would you complete this blank in this prayer right now? "Holy Spirit, please come in an extra-special way. Please help me help _____."

Get Ready for Next Week:

We start our new series, **Hands and Feet**. Read each day from [Romans 12](#). Discover what it means for us to be Christ's body, expressing our gifts and service.