

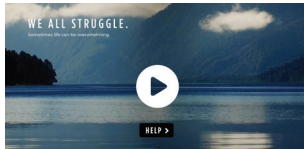


HELP

## THINK

Life can be challenging and overwhelming at times. We all have hopes and dreams, things we would like to see happen, things we need.

Watch this video (Scan the QR Code):



**What do you need help with right now?**

**Can anyone help?**

God can.

## READ

**The Bible tells us that,**

*'God is our place of safety. He gives us strength. He is always there to help us in times of trouble.'*

PSALM 46:1

## LISTEN

Take a moment to listen to His offer of help in this song: **God I Look To You**



## PRAY *You might find the words of this prayer helpful:*

The Bible invites us to ask God when we need His help.

*'Call on me and I will answer you.'* **JEREMIAH 33:3**

What do you want to ask God to help with?

Father God,

I really need your help.

I ask you now for help with... (name it here).

Thank you that you're always there for me.

Please be my place of safety and give me strength.

Amen

## **GOD SENT JESUS TO BRING US THE HELP WE NEED.**

You can find out how here:



**HOPE SPACES.COM – HELP | REST | DIRECTION | JUSTICE | HOPE | FORGIVENESS**

