

# CHAPTER 9

## INFALLIBLE HELP DEFENSE



Biblical Lessons for Students, Athletes & More

### FOCAL VERSES

The Lord is my strength and my defense; he has become my salvation.

Pslam 118:14

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16

### CHAPTER 8 - GROUP EXPERIENCE A MATTER OF PERSPECTIVE

#### Introduction

I remember the first time I heard the phrase, "Run to the throne, not the phone." Seems simple enough, right? However, when we're confronted with bad news, a stressful situation, or just need to vent, why does it seem more natural to pick up the phone, rather than head *directly* to the throne of grace and ask Jesus for help (Hebrews 4:16)? The support we get from friends and family is incredibly important, but we might need to alter the sequence of who we run to first.

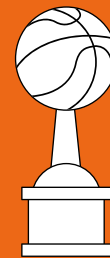
#### Page 58

Pause at the top of page 58, after reading the following: "There are situations when the best we can do, (and it is the best), is to enter into the presence of God and faithfully pray for our loved ones."

- **Are there times when you feel helpless because you want to help someone who is hurting, sick, or in a bad situation, but have nothing to offer? What can you practically do?** Allow the group to answer, then make the following suggestion: **PRAY!** Don't underestimate the power behind your prayers! James 5:16 says, "Confess your sins to one another and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." **Don't miss the important sequence in this verse!** We know from session four that sin separates us from God. So, when we knowingly have unconfessed sin, we need to settle it with God first if we want our prayers to be heard, powerful, and effective. (For more context, read James 5:13-16).
- **What if the situation is so grim, or you're in too much pain that you don't know what or even how to pray?** Ask the Holy Spirit to pray for you. Yes, for you!

### FOLLOW UP FROM CHAPTER 8:

- Since our last session, did you encounter any challenging situations in which you took time to view things from a different perspective? Perhaps a more positive perspective?



*"If defense wins championships, and God is my Defense, then I am most certainly positioned for victory!"*

*Whep*

*"He's your weak-side defender that is never late, never out of position, and always reliable."*

*Whep*



**ROMANS 8:26  
AMPLIFIED  
BIBLE**

*In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the right time] intercedes on our behalf with sighs and groanings too deep for words.*

- **In basketball, what's the role of a weak-side defender?** A weak-side defender is positioned in such a way that he is close enough to his man to keep him from getting the ball, and close enough to the player with the ball to prevent him from getting into the danger zone if he dribbles by the defender that is guarding him.
- **In what ways would you say God is like a weak-side Defender?**
  - He's in perfect position to help.
  - When we are being attacked, He swoops in to help.
  - He not only sees us, but He sees everything else going on around us. He's all-knowing.
  - He's reliable and trustworthy to help in our time of need; a very present help in times of trouble.

### Page 59

After the second paragraph, discuss:

- We live in a broken world full of broken people, and hard times will be a common thread in our earthly lives. Job 2:11-13 demonstrates how Job's friends supported him during the "evil that had come upon him."
  - **Ask for a volunteer to read Job 2:11-13.**
  - **What can you learn from this text, and how can you apply it to your life?**

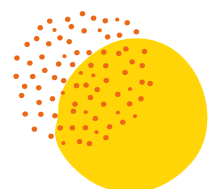
### Page 60

#### PLAYER & COACH APPLICATION:

- **Read the story of Moses and his father-in-law, Jethro (Exodus 18:13-22).**
- **Who do you most identify with in this story? Moses,** (trying to do everything himself), **or Jethro,** (looks at the situation practically and suggests solutions to make it easier; delegates responsibilities to capable individuals)?
- **Do you think asking for help is a sign of strength or weakness? Defend your answer.**

#### COACH APPLICATION:

- The job of a coach is to coach. However, we all know that coaches do *much* more than simply coach.
- **Are there any tasks that you are currently performing that could be delegated to an assistant or a parent? If so, what's stopping you?**
- **Do you have control issues with delegating responsibility?**
- **What lessons can you learn from Moses or Coach K?**



## PARENT APPLICATION:

- If you're like me, you could use a helping hand from time to time, but rarely ask for help. I believe we have to *teach* our children to ask for help. If we maintain an "I can do it all," mentality, what's to keep our kids from heaping that same mentality upon themselves? It's just too much!
- **What valid reasons do you have for not asking for help more often?**

## CONCLUSION

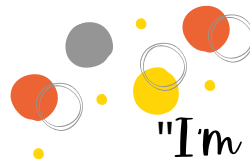
- Have you ever felt like you're at your wits' end? You may be surprised to know that the phrase "wits' end" comes from Psalm 107. Being at your wit's end is an expression emphasizing that you are so worried and exhausted by problems or difficulties that you don't know what to do next. When you are at your wits' end, God wants you to cry out to Him for help! He will meet you at wits' end corner to calm the storm and guide you. (Refer to Psalm 107:26-31 below).
- End with the prayer on page 62.

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THEY MOUNTED UP TO THE HEAVENS AND WENT DOWN TO THE DEPTHS; IN THEIR PERIL THEIR COURAGE MELTED AWAY. THEY REELED AND STAGGERED LIKE DRUNKARDS; THEY WERE AT THEIR WITS' END. THEN THEY CRIED OUT TO THE LORD IN THEIR TROUBLE, AND HE BROUGHT THEM OUT OF THEIR DISTRESS. HE STILLED THE STORM TO A WHISPER; THE WAVES OF THE SEA WERE HUSHED. THEY WERE GLAD WHEN IT GREW CALM, AND HE GUIDED THEM TO THEIR DESIRED HAVEN. LET THEM GIVE THANKS TO THE LORD FOR HIS UNFAILING LOVE AND HIS WONDERFUL DEEDS FOR MANKIND.

PSALM 107: 26-31

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"I'm courageous enough to know I can accomplish great things. I'm humble enough to know when to ask for help."

Katrina Mayor

