**Sunday 4th October – Asking for help**

Spend some time with your family talking about these questions.

Why does the psalm writer need God to help him?

How can God help you this week?

Why does the psalm writer think God will help him?

**Challenge**

While we are thinking about God helping us, it is worth remembering that we can also help others.

Look for opportunities to help people you live with, work with or go to school with. You might offer to; wash up, sweep the kitchen floor or explain something that your friend does not understand as well as you.