



## Lean on Others

Numbers 11:10-17, 24, 25

**Question:** What is the first thing to do when you are despairing? And, the second thing?

**Reality #1: The great weight of life's burdens can bring us to despair.**

**Piece #1:** Life's burdens can be very great. (vv 10-14)

**Piece #2:** Life's great burdens can bring us to despair. (v 15)

**Reality #2: God's solution to burdened and despairing people is often spiritual people.**

**Piece #1:** God helps burdened people with helping people. (vv 16, 17, 24)

**Piece #2:** God empowers helping people with His Spirit. (v 25)

**Central Idea:** God very often helps burdened people...by giving to them spiritual people.

**For Instance:**

**Applications.**

#1 When you are burdened and despairing resist the temptation to withdraw from others.

#2 When you are burdened and despairing ask God for someone to really help you.

#3 When you are burdened and despairing ask someone, point blank, for help—for them to walk alongside you in the journey through the desert.

# “Walking Papers”

Practical helps for walking the Christian walk this week.

**Central Idea:** God very often helps burdened people...by giving to them spiritual people.

Please take time each day this week to think through these questions and ideas:

- Make a list of the times in your life when you have been burdened, even despairing.
- Make a list of the things that burdened you.
- Make a list of the people who helped you most during those difficult times.
- List the reasons that those people helped you.
- What were the traits and skills of the people who helped you?
- If you are burdened and/or despairing right now list the name of the person whom you will call today to ask for help: \_\_\_\_\_
- Is there someone whom you have been watching and seen to be burdened and needs a call from you? Today I will call and ask if I can help: \_\_\_\_\_

*“Withdrawal makes it worse—connection makes it better.”*