

# Lies We Tell

## I Fight Alone (Week 2)

LifeNotes

### TALK IT OVER

#### Main Idea

I have to fight and win my battles alone.

#### Key Scriptures

Exodus 17: 8-13

“Cast all your anxiety on him because he cares for us” 1 Peter 5:7

“Turn your burdens over to the LORD, and he will take care of you.”  
Psalm 55:22

“Come to me, all who are weary and carry heavy burdens, and I will give you rest.” Matthew 11:28

#### Dangers from believing the lie I have to fight alone:

- You will eventually burn out like a blown fuse in a breaker box.
- Not letting others in to help keeps the community God from working.
- We then set the example for our kids, friends, co-workers that we all have to fight alone.

#### Start talking.

- What was a time in your life you should have asked for help and didn't?
- Was there a time you did ask for help? What was it? Who did you ask?
- What other lies keep us from asking God or others to fight with us?

#### Start thinking.

- Put yourself in the shoes of the Israelites? What is making you tired and weary? Write it down.
- Thinking about Moses, as a strong leader, what do you think it felt like for him to ask Aaron and Hur to help hold up his arms?
- Do you think the relationship between Aaron, Hur and Moses changed after that day on top of the hill?
- How have you seen relationships in your life change after you vulnerably ask for help?
- Do you really believe that Jesus wants to fight for you? Why/Why not?

#### Start sharing.

- What keeps you from bringing your battles to Jesus?
- Why do we see asking for help from others as weakness?

#### Start doing.

- How can you offer help this week?
- What battle can you bring to Jesus this week?
- Who could you reach out to that might need help or could help you this week?

#### Closing prayer.

Jesus, I now see that you do not want me to fight my battles alone. Please give me the strength to be vulnerable and ask for help when I need to. Do not let the lie that I need to do it alone take root. Lord, bring people into my life who want to fight with me and allow me to see them and accept their help. Most of all Jesus let me come to your fight with my battles and not over think it.