

WEEK 3
LESSON OUTLINE

RESTART

BIG IDEA

When you feel stuck,
God wants to give you guidance.

BIBLE

Matthew 20:29–34;
Psalm 34:4–8; 24:4,5

ABOUT THIS WEEK

Have you ever played a video game and wished you could call out for someone to help you? This week, we'll see what happened when two blind men called out to Jesus when they needed help with their situation. From the story of their faith and trust in Jesus, you can remember **when you feel stuck, God wants to give you guidance.**

WHAT?

Have you ever seen those viral videos of someone rage quitting? When a gamer stops playing a game, that has become beyond frustrating in the angriest way possible. Rage quitting on a video game is fine for the most part. But what about in real life? If rage quitting isn't the answer, what is?

SO WHAT?

There's a story in Matthew 20:29–34 about Jesus showing up and offering help to two guys in a tough spot. But Jesus doesn't leave them stuck. He helps! These two men hear Jesus coming their way, and they shout to get his attention. They were stuck and unable to do anything except cry for help. One of the incredible things about Jesus is that he isn't frustrated with us when we ask for help. God doesn't get uncomfortable. Jesus finds them, goes to them, and does the same thing for us when we are stuck. Jesus sees us and guides us. All we need to do is call out to him and ask for help.

Psalm 34:4–8 helps us see that when we feel stuck, going to God for guidance isn't a sign of weakness or not having everything together. It doesn't mean we lack faith or we are failures. It shows we trust God to help us because we have seen how trustworthy God is. No matter what kind of situation you find yourself in, no matter how stuck you might feel, **when you feel stuck, God wants to give you guidance.**

NOW WHAT?

What does it look like to go to God when we need a restart? Here are a few ways you can ask God for guidance this week.

- **TALK TO GOD:** Start a conversation about how you feel stuck. There is no shame in it. Don't wait till things are out of control. God wants to help. Just ask for it.
- **TRUST GOD TO GUIDE YOU:** Whether reading the Bible, praying, talking to trusted friends for wisdom, or any other way you connect with God, we can trust God for guidance. Believe Jesus is the one who can help you no matter how you are stuck, and call out to him this week.
- **PUT GOD'S GUIDANCE INTO PRACTICE NO MATTER WHAT:** There may be moments when we don't want to keep following God's guidance, but God is with us and is our refuge and strength when things get tough. Pre-commit to follow through on where God is leading no matter how difficult it seems. God has our best in mind.

Jesus wants to give you help in any area where you feel stuck. So remember, **when you feel stuck, God wants to give you guidance.**