

Senior Bible Study Ministry

Help!

<https://www.seniorbiblestudies.org/>



Help!

- "Help!" was written primarily by John Lennon.
- Lennon later confessed that the song was a genuine cry for help during a time when he was feeling overwhelmed by fame & personal struggles.
- Despite its upbeat tone, the lyrics reflect a deeper emotional vulnerability & a desire for support.
- This longing for help resonates with Christian themes of seeking God in times of weakness.

Help

Help!

I need somebody

Help!

Not just anybody

Help!

You know I need someone

Help!



We Just Need
JESUS

We Just Need Jesus

- We all need someone trustworthy, not just anyone — ultimately, only Jesus can truly meet our deepest needs.

1 I lift up my eyes to the hills. From where does my help come? 2 My help comes from the Lord, who made heaven and earth. (Psalm 121:1–2 ESV)

1 God is our refuge and strength, a very present help in trouble. (Psalm 46:1 ESV)

We Just Need Jesus

- Seeking “somebody” who understands reminds us of Jesus, our High Priest, who sympathizes with our weaknesses.

*15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.
(Hebrews 4:15 ESV)*

We Just Need Jesus

- Human help is limited, but Jesus' help is perfect & on time.

*10 fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
(Isaiah 41:10 ESV)*

We Just Need Jesus

- The need for help shows humility — a blessed spiritual posture.

*6 But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.”
(James 4:6 ESV)*

Help

*When I was younger, so much younger than today
I never needed anybody's help in any way
But, now these days are gone I'm not so self-assured
Now I find I've changed my mind
And opened up the doors*



I Don't Need Help

- Youth often brings a false sense of self-reliance, but aging reveals our true dependence on God.

5 Trust in the Lord with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.

(Proverbs 3:5-6 ESV)

18 So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come. (Psalm 71:18 ESV)

I Don't Need Help

- Changing one's mind about needing help reflects spiritual growth & wisdom.

9 Two are better than one, because they have a good reward for their toil. 10 For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! (Ecclesiastes 4:9-10 ESV)

I Don't Need Help

- Life seasons change, but God's faithfulness remains.

22 The steadfast love of the Lord never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness. (Lamentations 3:22-23 ESV)

- “Opening up the doors” suggests being open to God — a posture He honors.

20 Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me. (Revelation 3:20 ESV)

Help

*Help me if you can, I'm feeling down
And I do appreciate you being 'round
Help me get my feet back on the ground
Won't you please, please help me?*

THE PRESENCE GOD OF

The Presence of God

- Depression & discouragement are real, but God lifts us up.

*17 When the righteous cry for help, the Lord hears and delivers them out of all their troubles. 18 The Lord is near to the brokenhearted and saves the crushed in spirit.
(Psalm 34:17-18 ESV)*

The Presence of God

- He places our feet on a rock — giving us stability & direction.

2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. (Psalm 40:2 ESV)

- God's presence encourages us when we feel low.

13 For I, the Lord your God, hold your right hand; it is I who say to you, “Fear not, I am the one who helps you.” (Isaiah 41:13 ESV)

The Presence of God

- Asking for help isn't weakness - it's an act of faith & surrender.

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.” (Matthew 11:28-30 ESV)

The Presence of God

- We are not meant to walk alone; God provides His Spirit & His people.

2 Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2 ESV)

Help

*And now my life has changed in, oh, so many ways
My independence seems to vanish in the haze
But, every now and then I feel so insecure
I know that I just need you like
I've never done before*

Life Changes



Life Changes

- Life changes — physically, emotionally, spiritually — are part of the human journey.

1 For everything there is a season, and a time for every matter under heaven: (Ecclesiastes 3:1 ESV)

- Feelings of insecurity are calmed by knowing God is our rock & fortress.

2 The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. (Psalm 18:2 ESV)

Life Changes

- We need God more than ever in our later years.

4 even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save. (Isaiah 46:4 ESV)

Life Changes

- Jesus invites us to cast all our cares on Him.

7 casting all your anxieties on him, because he cares for you. (1 Peter 5:7 ESV)

28 Come to me, all who labor and are heavy laden, and I will give you rest. (Matthew 11:28 ESV)

Help

*Help me if you can, I'm feeling down
And I do appreciate you being 'round
Help me get my feet back on the ground
Won't you please, please help me?*

**Thank You,
God!**



Thank You God

- A repeated plea reflects persistent prayer — something Jesus encourages.

1 And he told them a parable to the effect that they ought always to pray and not lose heart. (Luke 18:1 ESV)

- God hears every cry — even groans too deep for word.

26 Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. (Romans 8:26 ESV)

Thank You God

- His help is not just emotional but transformational.

*17 Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come.
(2 Corinthians 5:17 ESV)*

- God's rescue often comes through both divine & human hands.

*13 I can do all things through him who strengthens me. 14
Yet it was kind of you to share[a] my trouble.
(Philippians 4:13–14 ESV)*

Thank You God

- Crying out “Help me!” can be the beginning of a renewed relationship with God.

15 “and call upon me in the day of trouble; I will deliver you, and you shall glorify me.” (Psalm 50:15 ESV)

Practical Applications

- Begin your day by asking God for help in the small & big things & expressing your need and dependence on God.
- Read Psalm 46:1 as a reminder of God's constant help.
- Reach out to others at Windsor & offer to pray with or for them.
- Reflect on the ways God has helped you in the past as encouragement today.
- Replace self-reliance with God-reliance through daily surrender.

Discussion Questions

- Can you recall a time when you cried out to God for help?
- How does aging help us realize our need for God more deeply?
- What does it mean to you that God is an “ever-present help in trouble”?
- In what ways have you felt “insecure” or “down,” and how has God met you in that?
- What would it look like to live daily in dependence on God’s strength instead of your own?



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