



WEEK 1
CAMP OUT
6/28/26

DOES GOD HELP THOSE WHO HELP THEMSELVES?

Through much of the Fall, Element will be answering questions posed by those at Element. We do this to help us understand the Bible and Jesus better. Today we deal with the phrase, "God helps those who help themselves" which is probably the most often quoted phrase that is NOT found in the Bible, yet people think it is. We can chalk this up to "conventional wisdom." Conventional wisdom is something that we put in the place of God's wisdom because we tend to think we are smarter than God.

In the Bible, God continually helps those who cannot help themselves. The whole exodus story is of a people who were in bondage to slavery and they cried out, "help." God helps people who ask for help and those who don't. He helps people who are needy and even those who don't think they are needy. God helps people who are weak and strong. God helps people who are fearful and those who have courage...God helps people who can't help themselves. Our entire salvation in the good news of the Gospel comes because we cannot save ourselves.

- Why do you think this phrase has been so widely accepted as Biblical truth, especially in Western/American culture?
- What's the danger of reading "God helps those who help themselves" into the Bible?
- Because this phrase isn't in the Bible, should we stop using it altogether?
- What is the difference between stewardship and diligence (which the Bible does teach), and the self-reliant philosophy the phrase implies? Where is the line?
- How might this phrase, if treated as Scripture, distort someone's understanding of prayer, faith, or asking God for help?
- How does the phrase promote a works-based or self-sufficient mindset that could subtly undermine grace and dependence on God?

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VERSES

Romans 3:23-24
Exodus 2:23-25
Matthew 5:45
Exodus 17:9

Ephesians 3:20-21
Matthew 10:30
Luke 12:7
Psalm 56:8

