

*How to ask for help  
(and be blessed when you  
receive it)*



***“Cast your cares upon the Lord and He will sustain you”***

Psalm 55:22

If you are anything like me, you won't think twice about offering to help other people. But how good are you at **asking** for help? Not easy, is it?

**But we are not meant to bear our burdens alone.** And if we don't ask for help, does that make us stronger or does it make us reliant only on ourselves? And if we don't accept help when it is offered to us, are we denying someone the opportunity to be blessed?

Throughout the Bible, we find instances of burdens being lifted, loads being shared, prayers being answered, blessings being given. Here are a few verses and prayers that may help you let go of your worries, to be open to other people's help and to share the rich blessings of our loving Lord, who asks us all to cast our burdens on Him.

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**As Moses tried to manage all the people by himself, his father-in-law said:**



*"What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone."*

Exodus 18: 17-18

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**When the leaders of the early Christian churches realised that they were neglecting God by getting tied up with administration, they said:**

*"It would not be right for us to neglect the ministry of the word of God in order to wait on tables. Brothers and sisters, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them."*

Acts 1: 2-3



**By allowing people to help you, you are giving them the opportunity to be blessed.**

Four friends carried their paralysed friend to see Jesus. The crowds were so large, they had to take the man to the roof, where they made an opening and lowered him down on his mat. Jesus healed the man and he got up and took up his mat and walked, and then

*“they all praised God. ‘ We’ve never seen anything like this before!’ they exclaimed.”*

Mark 2:1-12

Because these four men asked Jesus to help their paralysed friend, many onlookers believed in Him.



**So don't be afraid to ask for help...**



Nehemiah went right to the top, to the person who could help the most, and got the help he needed. People may be more interested and approachable than we might think!

*“If it pleases your Majesty...send me Judah to help rebuild the city.”*

Nehemiah 2:4-8

**We need to help each other because we all need each other's help...**

*“Two people can accomplish more than twice as much as one; they get a better return for their labour. If one person falls, the other can reach out and help. But people who are alone when they fall are in real trouble.”*

Ecclesiastes 4:9-10



Independence is healthy, but we are made to live in a community which implies that we are to be constantly helping each other. Asking for help is not a sign of weakness, but a mark of unity:



*“Help her in every way you can, for she has helped many in their needs.”*

Romans 16:1-2

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**Here are some prayers you may find helpful:**



**Loving God**, I constantly try to do everything myself. Why do I feel I am the only one who can do all of this? Help me to stop trying to be in control all the time. Let me learn how to let go and to allow other people to take their part.

**Heavenly Father**, thank you for putting people in my life who are willing to help me. Lord, I am tired and know that I need to say “yes” to their offers of help. Help me to let down my barriers and stop turning people away. Let me learn how to receive help with a willing heart. Please bless all those who give their time and skills to help others.



**Lord Jesus**, You call me to cast my burdens upon You and You promise to give me rest. You, Lord, are the ultimate gift. You were given to us to give us hope and a future. Help us learn how to receive You with all of our hearts.

**Amen**

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