

How to Ask for and Accept Help

“God is the source and supply of what you need,” says Dr. Paul Tripp, “but God uses instruments, and God’s got a lot of tools in His toolbox. You were created for community; you weren’t wired to do this by yourself. It’s a great question to ask, *Who are those good instruments that God has put in my life? How can I take advantage of those relationships?*”

If you want to experience healing from the pain, wholeness and peace, then you need the Lord and you need to allow Him to use other people to help. People want to help you and are able to help you, if you will allow them and offer some direction.

Many times people have no idea of what would truly be helpful to you. They may bring food, when what you really need is a babysitter or a mechanic. They may think you’re doing fine and don’t need help—when actually you do. It is important to be assertive in this situation. People want to help, so do not deny them this opportunity, which can be a blessing for both of you!

How can others help? What can you ask of others?

If you need a hand with the housework or yard, need a healthy role-model for your children, are struggling to create a budget, are juggling too many tasks at work, or need someone to listen and not offer advice—let your needs be known. Perhaps you need help with holiday planning, meal preparation, decorating or taking your children shopping or to special events.

“Let your friends, relatives and coworkers know you will need help and what type of help you’ll need. In a moment of crisis, it’s difficult to say exactly what it is you need, but whatever it is that you *might* need, *go ahead and call now*,” advises Sabrina Black.

Jennifer shares from her experiences, “Be honest with friends and family and ask them to pray for you. I know their prayers held me up so many times during Christmas.” Let people know what they can pray for specifically, and not just that you will “make it through.” Ask them to pray that you will draw closer to the Lord and find deep, inner peace; that you’ll be able to extend help and support to others this season; and that you’ll experience a strength that you’ve never before had. Ask them to pray that you’ll have the constant assurance you’re not alone.

Asking for and accepting help is an important part of living in a community and being in relationship with others. Ask God whom to approach for help, and reach out and let someone help you. You will be glad you did!

To find a GriefShare group near you, visit www.griefshare.org or call 800-395-5755.