

How to “RECEIVE” help (or Asking for HELP when Lost?)

Objective:

It can be difficult especially for men to ask for help. Pride can sometimes take control and make us reluctant to ask for help. Additionally, sometimes we are so wrapped up in our lives that we aren't aware of others who need help. Think of the times that we are in public and see someone who appears homeless or hungry. You are not alone if this is you. It has likely happened to others in this discussion. Today we will discuss how to humble ourselves to ask and even receive help as well trying to be more aware of others who may need help and give them assistance.

Song Suggestion: I Heard the Voice of Jesus (Blue 209, Red 622, Music Issue 495)

Suggested Bible and Catechism Readings:

James 2:14-17

What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? If a brother or sister is poorly clothed and lacking in daily food, and one of you says to them, “Go in peace, be warmed and filled,” without giving them the things needed for the body, what good is that? So also faith by itself, if it does not have works, is dead

Matthew 25:40

And the king will say to them in reply, ‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’

Matthew 22:36-39

“Teacher,* which commandment in the law is the greatest?” He said to him,* “You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it:– You shall love your neighbor as yourself.

Catechism 1932

The duty of making oneself a neighbor to others and actively serving them becomes even more urgent when it involves the disadvantaged, in whatever area this may be. “As you did it to one of the least of these my brethren, you did it to me

Catechism 1937

These differences belong to God's plan, who wills that each receive what he needs from others, and that those endowed with particular “talents” share the benefits with those who need them. These differences encourage and often oblige persons to practice generosity, kindness, and sharing of goods; they foster the mutual enrichment of cultures:

Please read the following;

I distribute the virtues quite diversely; I do not give all of them to each person, but some to one, some to others. I shall give principally charity to one; justice to another; humility to this one, a living faith to that one. And so I have given many gifts and graces, both spiritual and temporal, with such diversity that I have not given everything to one single person, so that you may be constrained to practice charity towards one another. I have willed that one should need another and that all should be my ministers in distributing the graces and gifts they have received from me.

Ideas, Tips, Habits

Prayer – seems obvious, right?! The key is not to ask God for help but to ask Him to help understand His will and for you to have the strength to accept His will;

Small Groups – surrounding yourself with people that you think are more religious and holy will help “raise the bar” on how you live your life;

Volunteer – this can be hard for some due to life commitments (family, kids, spouse, work), not to mention that this can be difficult for some to get out of their comfort zone. It can be a bridge to connecting to small groups as previously mentioned;

Find a Mentor – similar to a small group, these people can be used as a sounding board and can many times provide guidance on assistance;

Spouse – if you are afraid to ask for help our spouse is with us to help us get to Heaven. Sometimes, while humbling, a spouse can help get others involved when help is needed and we are afraid to ask;

Speak Up – if a friend or loved one looks like they are struggling or don’t seem like themselves inquire how they are doing.

Questions for Large and Small Group:

Think of this as you are seeking HELP, and/or as you are being asked to HELP. What would GOD do? What would you do?

How do you think the silent ask, maybe the visible ask, for HELP could best be handled?

Action Plan:

1. Be aware of your surroundings and notice the needs of others!
2. How would you find a person to help you if your shortcomings were hurting you?
3. Would you accept the ask from a friend in crisis to make a difference?

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