

## **Help!**

### **Ready:**

“Whatever you ask in My name, I will do it so that the Father may be glorified in the Son. If you ask Me anything in My name, I will do it.” – John 14:13-14

### **Set**

Why is asking for help so hard for some of us?

Whether it's asking for a ride to the airport or a few dollars for lunch, many of us go out of our way to ask for help. Of course, there are times when even the most self-sufficient among us is willing to swallow all pride and plead before the “throne of grace.” I have personally witnessed the amazing transformation of coaches, players and fans whose circumstances turned them into fervent prayer warriors. This phenomenon typically occurs during a game when their team is down by a point with a few ticks left on the clock.

Maybe it isn't a close game that brings us to our knees. Perhaps it is a life-altering event instead. The truth is that we pray best when we are most helpless. We pray best when, like children, we set aside our pride and self-sufficiency and simply come before our Father with the desires of our hearts.

Jesus said, “Keep asking, and it will be given to you.” The Son of God — who intimately knew about asking and giving — intentionally used the word “given.” Not “lent.” Not “sold.” Not “leased.” “Given,” free of charge.

Jesus didn't promise that we would be given exactly what we asked for, but He did say that we would receive. It costs us nothing to ask, but it cost Him everything to give!

### **Go**

- How can asking for help from your coaches and teammates make your team a strong unit?
- What is one desire of your heart that you can take to the Father right now?

### **Workout**

[Ephesians 6:18](#)

[James 4:2](#)

### **Overtime**

“Father, I thank You that You invite me to ask! Help me to put aside my pride and come to You like a child full of wonder and in need of grace. Amen.”



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