

Asking for Help

n/a

Ready:

“Keep asking, and it will be given to you. Keep searching, and you will find. Keep knocking, and the door will be opened to you.” — Matthew 7:7

Set

Why is asking so hard for some of us? Whether it's for a ride to the airport, a few dollars for lunch, or financial support for FCA camp, many of us avoid asking for things we or others need.

Of course, there are times when even the most self-sufficient among us is willing to swallow our pride and plead before “the throne of grace.” I have personally witnessed the humbling of coaches, players, and fans when difficult circumstances turned them into fervent prayer warriors. Sometimes the difficulty is momentary, such as during a game when the team is down by a point with a few ticks left on the clock and the least-talented shooter is on the free-throw line. Who among us hasn't uttered a prayer in times like these?

Maybe it isn't a close game that brings us to our knees, but a life-altering event like the recovery of a loved one from illness or the safe return of a son or daughter from military service. The truth is, we pray best when we are most helpless. We pray best when we are willing to come before God and admit our need. We pray best when, like little children, we set aside our pride and self-sufficiency and simply come before our Father with the desires of our heart and ask.

Jesus said, “Keep asking, and it will be given to you.” The Son of God, one who knew about asking and giving, intentionally used the word given when He spoke to His followers. Jesus didn't say lent, or sold, or leased.

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

Go

1. Why don't you ask?
2. When was the last time you felt helpless?
3. What is one desire of your heart that you can take to the Father right now?

Workout

Extra Reading: Romans 8:26; Ephesians 6:18; James 4:2

Overtime

Heavenly Father, thank You that You invite me to ask. Help me put away my pride and come to You like a child full of wonder and in need of grace. Amen.

Bible Reference:

James 4



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/asking-help>