

Help!

n/a

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 so hard for some of us? Whether it's for a ride to the airport, a few dollars for lunch, or (better yet) financial support to take some athletes to FCA camp, many of us avoid asking like the plague.

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 and the least-talented shooter is on the free-throw line. Who among us hasn't uttered a prayer in times such as these?

Maybe it isn't a close game that brings us to our knees. Perhaps it is a life-altering event like the recovery of a loved one from illness or the safe return of a son or daughter from a tour of duty abroad. The truth is that 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 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" when He spoke to His followers. 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

1. What are some reasons why you don't ask for what you need?
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

Romans 8:26
Ephesians 6:18
James 4:2

Overtime

Heavenly Father, 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.

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/help>