

## Turning the Crap of Life, Into the Fruit of the Spirit

### Help

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#### Life Questions:

Is there anywhere in your life that you think you don't need anyone to help you? What is the greatest place in your life that is a pit of effort with nothing to show for it? How do you deal with needing help? Do you ask or assume?

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I have a simple rule on home repair; never touch anything that could kill me. So electrical is out! Plumbing is a maybe; though I have heard stories, and everything else is pretty much a thing of if I have to call a person to fix it might as well learn if I can fix it first approach. Yes, I will admit, the first part is smart, but the others have resulted in some humorous if not embarrassing episodes.

Is there really anything more degrading then having to call a professional in who looks at your days work and smirks? Then he asks you something like, "did you do this?" to which I reply "no there were these teenagers who broke in and did that." Needless to say, he never buys it.

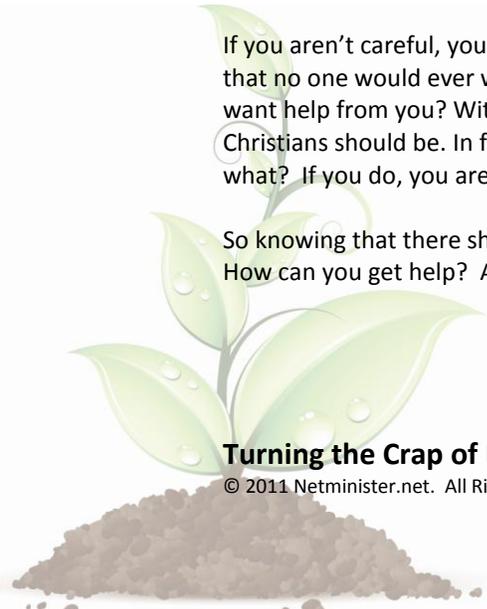
There is probably nothing more spine-tingling then to hear someone scream for help. Help, even in a "please help me! Everything is okay, but I am about to be in trouble" way is always a call to action. Someone needs something. But to ask for help you need to know that you need it.

Ever been in a store and a small child comes up and asks you for help. There is something so genuine about abomination asking for help. They don't care who you are or where you are from. They just want help.

I was riding on a trail when I saw a couple who appeared to have a damaged bicycle. Knowing that I have no ability when it comes to fixing a bike, I pulled over anyway and asked if they were okay. Notice I didn't offer help assuming that I would only make things worse. To my horror the guy told me yes and asked if I had a particular tool with me. I had a choice. I could bluff my way out of it, because all I really wanted was credit for asking. Or, I could come clean and adm it that my knowledge was far inferior to their need. I did that. I told him I didn't know what it was, but I had a cell phone if he needed it and an internet connection if that would help. He told me okay and went back to working on it. I really wasn't any help at all.

If you aren't careful, you start to feel helpless in life. Like someone who has nothing to offer, you assume that no one would ever want to help you. After all, you can't even help yourself. Why would anyone want help from you? Without the ability to help others, we tend not to ask for help. But that isn't how Christians should be. In fact, we shouldn't be keeping a ledger of who has and who hasn't helped. Guess what? If you do, you are way in debt on God's ledger sheet! Only Christ can even it out for you.

So knowing that there shouldn't be a keeping up with who did what for you, how should you ask for help? How can you get help? And most importantly how can you get the right help?



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## 1. Admit you need help

### James 1:4-6

5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

NKJV

Ahem, this part of the lesson is not for women. Please continue onto the next couple of paragraphs. This question is for the guys. Have you ever been lost? It's okay, the ladies aren't here, we can admit it. I have been lost. Did I admit it? Of course not! I am right where I know I need to be. Chances are eventually we would get there.

As each woman is undoubtedly reading this, she is shaking her head and looking at her man thinking... yep, that's him alright! May I say this? Before you begin a tirade of how he doesn't know where he is going, let me remind you that God gives knowledge without reproach? Know what that word means? It means without sarcasm, or deride or taunt. Most people don't ask for help because they think they will be thought of as something less for asking.

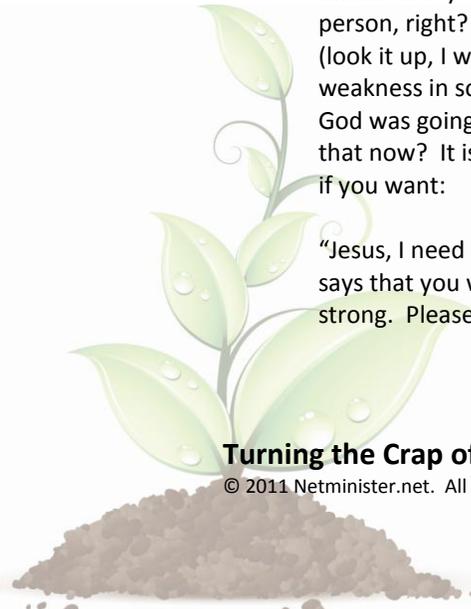
Is there anything more irritating than being told, "oh, I could have helped if I would have known you needed help?" Usually you hear this from someone walking by as you drag an injured body part after trying to do something you had absolutely no business doing without help. But, you didn't ask! Is that the way we should be as Christians?

Ever heard the statement, "there is no dumb question?" Then the next question, if not dumb could qualify as pretty close? Everyone looks at that person with a sneer or laugh and reproaches them. Even if we don't mean to, we do that so easily. As a result, people do dumb things because they are afraid of how they will be perceived for asking.

Are you afraid to ask for help because of what you think others will think of you? If so, I have good news for you. God doesn't treat you that way. Not even for a moment does he taunt you for asking. As a matter of fact, he loves to help you. He looks for opportunities to provide for you. Even if you aren't aware of it, God is wanting to help. Are you willing to ask Him for His help? Or are you afraid that like so many others, when you ask Him he will reject you, laugh at you, or scorn you? His word says He will not.

Asking for help is a demoralizing thing. It means you couldn't accomplish the task alone. It means that you aren't the man or woman I thought you were. It must mean you are a weak person, right? Right! You see, God's word tells us that in our weakness, God is made strong (look it up, I want you to find that one for yourself). Imagine a world where you looked for a weakness in someone, not to exploit for your own benefit, but because you wanted to see where God was going to work in his or her life. But first we have to ask Him for His help. Want to do that now? It is quite easy. Sitting there you can pray to God this way and even use these words if you want:

"Jesus, I need help in my situation (Name it, He knows but it will help you to say it). Your word says that you will help me without making fun of me. It also says that where I am weak, you are strong. Please help me now."



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Seems too simple doesn't it? Give it a try and see for yourself. It isn't a magic incantation; it is a simple way of talking to God. And no, He isn't going to laugh at you. He is going to help you. In what way I cannot even begin to imagine, but I know Him. He has helped me out more times than I can count, and He will for you too. And one other thing, He isn't a stingy giver! Just something to think about.

## 2. Seek out people that know

### Prov 11:14

**14 Where there is no counsel, the people fall; But in the multitude of counselors there is safety. NKJV**

Remember traveling before GPS; getting nine different directions for one location from six different people, none of which really looked trustworthy? It's a little wonder most settlers stopped at the coast. I am sure they didn't trust the directions they were given on how to get to the middle of America. Before GPS there were maps. If you didn't have someone that could read the map, especially in a confusing large city, you would end up perusing neighborhoods that probably weren't the safest. Or you end up spending most of your trip hopelessly lost. Good directions can be hard to find.

Growing up I had a grandfather that had a natural sense of where he was. While driving around with him he would tell you to take a turn that you never had taken before. When asked if he knew where it would come out, he would say, "no, but I am sure we can find our way." Needless to say, you always ended up exactly where he wanted to go, even if you didn't know where that was. He didn't really care where we went as long as we went somewhere, and he always knew how to get home. Knowing where you are is key to knowing where you want to go. Even with a GPS you have to know that.

Likewise, you first have to have a relationship with Christ to know if the directions you have been given are accurate. If you don't have that, then I can tell you unequivocally, you are most lost. Find Him first, with a relationship and finding everything else becomes easy.

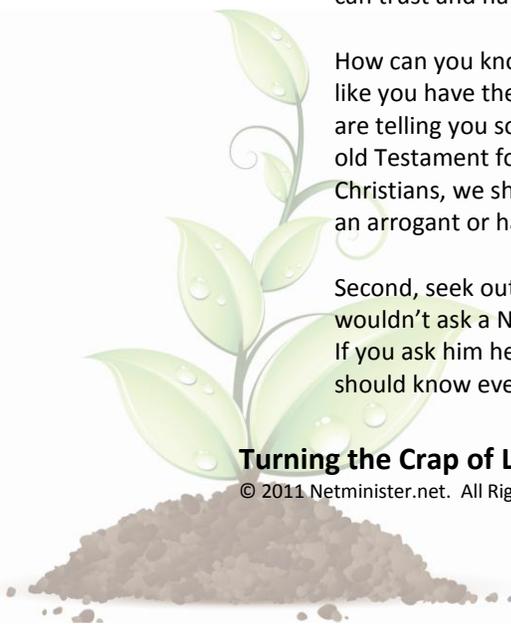
When the writer of this proverb was writing, he was telling us to go out and find people that will provide that kind of guidance in our life. Ever gotten horrible advice from a friend? If so, how often do you ask for or seek that person's advice? Chances are you may listen just to be polite but take a completely different approach. You seek out answers from people who you know you can trust and have the knowledge to help you out.

How can you know the right people? First, don't seek out people that just want to make you feel like you have the answer. Yes men, and women, aren't telling you something to help you, they are telling you something to make you like them better. Check out the book of Jeremiah in the old Testament for how that turns out. Ask people who will be honest, in love, to you. As Christians, we should always be willing to share, in love, with someone who needs council, not in an arrogant or haughty way.

Second, seek out people who have experience in the area you need help. For instance, I wouldn't ask a Neuro-surgeon about an ingrown toenail. First of all, he probably doesn't know. If you ask him he might give you an answer that he is guessing at because he thinks you think he should know everything. Honestly, I want my Neuro-surgeon to know about my brain. I will find

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a podiatrist for my toe. Don't put people on the spot. Just because they have some knowledge doesn't mean they have all knowledge. Christians, if we don't know, then we should say, I don't know. But help them find someone that does.

Thirdly, look for people who have your best interest at heart. That means people that have nothing to gain by helping you. Those are the best kind. When someone helps me do something that I cannot possibly repay them for, I am overwhelmed by their help. But that is grace. God gave His son Jesus, something valuable, for something He sees as valuable. He gave the best He had. Those kinds of people aren't always easy to find, but when you do find them, they are some of the best. Christians, we should be seeking to help people who cannot possibly repay us. There isn't a better feeling in the world than helping someone that way, because we are truly doing God's will. He did it for us. That's the least we can do for Him!

### 3. Take it to the Lord

#### **Matt 7:7-8**

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.<sup>8</sup> For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened NKJV

Have you ever had to apologize to someone? Give them an apology you really didn't mean? I love to watch people on television given an obviously rehearsed apology for something. You hear it in their voice, they are sing-song in the way they say it. Their body language, while usually rehearsed isn't all that convincing. Ever ask God for something like that?

Or maybe you are the one that asks like a low-talker. You really don't want to get an answer so you slip the question in when no one is really listening. Children tend to do this, "oh you said yes!" No, I said yes to something else, you just slipped the question in between the first question and my answer.

This isn't how you ask for God's help. Remember in James in the first part of this study, He tells us to ask because he doesn't taunt us? Here in Matthew, it is Jesus telling us to ask, then seek, and then knock. In other words, don't give up.

How often we ask for God's help with a kind of sing-song same old prayer we always use then wonder why it doesn't work. Or we mumble our prayer in an effort more meant to assuage our desire to say we did it than to ask genuinely. And why don't we ask? Because, we are keeping the ledger. I can't possibly repay this, so I shouldn't ask or God will make me a missionary or force me into some kind of horrible job change that I will forever regret. Hardly! Remember James? God loves to help. He LOVES to help.

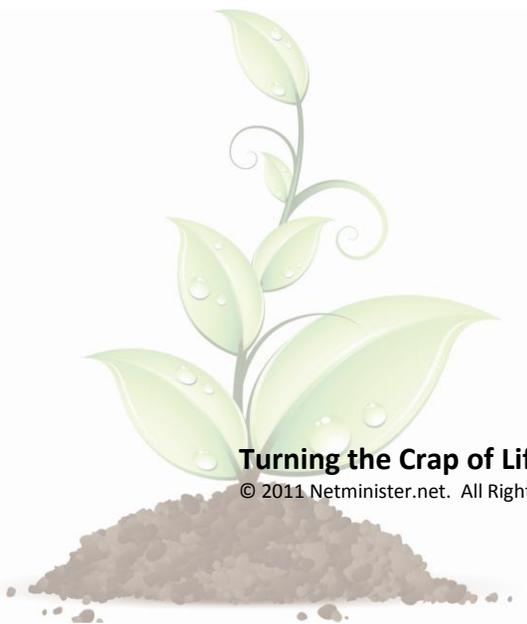
But, I did this or I did that! You don't understand. No, I don't, but I know God loves to help us. If you read further Jesus tells you how much in the story out of Matthew. ( You need to read that for yourself ). Because He wants to help us, because He wants to bless us, all we need to do is ask.

So, are you going to ask? Right now you and I both know you are needing help. Why else would you have read this far? Honestly, let's take a moment. Think about what you need help with- all

the things going on in your life. Which one do you want help on? Why not all of them? Really, I am very sure God can handle them all. Give Him a try and find out for yourself.

**Final Thought:**

Nobody, and certainly not me, likes to ask for help. I still struggle with thinking it makes me look weak and ineffective. It's not a place you think you can serve the Lord from very well. But, I have found that in the places I am weak, He is strong enough to take care of me and all my needs. Sometimes I have to remind myself of that. But, it isn't enough! Not only do I have to recognize that I have a need for help, but I have to find those that can help me. I need to Seek Christ first, then seek out the people that can me the help I need. That may be a big task for you to trust Him to help, but let me tell you that I am encouraging you to ask. More importantly, I am praying that you will. I know He wants to help you!



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