

Asking For Help

6th & 7th Step – Lesson 2

Step 7: Humbly asked him to remove our shortcomings.

Recovery isn't a self-help program; it's a God-help program. We come into recovery powerless, unable to fix ourselves, and unable to make ourselves right with God. God comes to us with his grace, and accepts us and offers us new life just as we are. Instead of trying hard to change ourselves, we ask God for his help. And we look for his help to come from other people, too.

That's a change for a lot of us. A lot of us aren't used to asking for help. That's another one of our shortcomings that we need God to remove from us.

Here's an example from the Bible of someone who had learned to ask for help:
Luke 5:12-13—While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean."

Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him.

Here's an example from the Bible of someone who wasn't good at asking for help:

John 5:5-8—One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

"Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

Then Jesus said to him, "Get up! Pick up your mat and walk."

- What gets in the way of asking for help?
- What happens when you learn to ask God and other people for help?