

# Asking for Help

We are in Week 2 of On Fire For Life! Earlier this week we identified the people that you trust to help you to rewrite your story. These are people who would have stopped or stepped into the hurt/heartbreak for you had they been able. We were reminded that God is always working for our greater good. He knows us better than we know ourselves. He knows when we sit and when we stand (Psalm 139:2). He knows the goings on in our hearts. And, at times He sends people into our lives who can lead, guide and direct us to the truth that we need in our life. When we gather two or more in His name He reminds that He is there with us (Matthew 18:20).

## Activity for the Mind:

This is going to require some deep thought. It is easiest to want to close the door, walk away, or say “I wish this...” or “I wish that...” but it takes some work to stay in the heartbreak and work to ask God to come in and help you to rewrite and grow from the experience. Take a moment to reread the hurt/heartbreak that you wrote in week 1.

Then say a prayer similar to this:

Lord, thank you so much for bringing me to this point in my life. I am incredibly grateful for the gifts that you have provided me with. I am incredibly grateful for this life that I live with You. There are times, Lord that this memory, that this hurt, that this heartbreak consumes me and sends me into a downward spiral. Lord, I no longer want to live like this. I want my life to look better tomorrow than it does today. I cannot do this without you. I need You; Lord and I ask that You open my heart to Your love. Show me what it is that I need to do to rewrite this trauma. What is it that I need to do to move forward and into your light? Lord, I ask that you move in me and in my heart for such powerful healing that I cannot even explain in words the work that you are doing. I ask that you send in all of Your angels and saints to guard and protect my heart. Lord, I ask for a miracle in my life! I ask for Your help as I work to follow you in all that I think, say, and do. Thank you, Lord. I love you!

Then sit quietly. And listen. You may hear nothing. You may hear “do nothing, you are healed.” You may hear His voice loud and clear helping you to rewrite your trauma, to rewrite your hurt.

Sit and write until His words stop: \_\_\_\_\_  
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Then breathe and let go.