

# Asking for Help

Last week we worked on learning more about who we are. We began retelling a heartbreaking story which can be terribly exhausting and can bring up emotions/feelings we thought we had long since moved past. This week we are going to consider some ways to help us move past those emotions/feelings as we grow stronger. We will continue to use the positive affirmations we created last week to help us through the process.

*“For where two or three are gathered together in my name, there am I in the midst of them.” - Matthew 18:20*

Consider the gospel verse above. How might this benefit you during your healing journey?

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Is there someone in your life that you can ask to join you in prayer on your healing journey?

Yes or No

If so, who is it? (if you are not comfortable writing their name, then identify them generally i.e. friend, sister, neighbor, etc). \_\_\_\_\_

Ask God to show you how they might best assist you in prayer and in other avenues of your life.

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Write a letter of love to the person thanking them for being willing to prayerfully walk this journey with you.

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