

WEDNESDAY

Accept Help



"Bear one another's burdens" (Galatians 6:2)

FOR TODAY: Accepting help is a sign of wisdom and strength, not weakness. While we may worry about being a burden or losing independence, accepting assistance acknowledges our shared humanity and need for connection. Help comes in many forms - from held doors to listening ears to practical support. When we receive these offerings, we strengthen our communities and show we value others.

➔ **Reflection:** What small offer of help could you accept today, knowing that receiving help is as important as giving it?

SACRED MOMENTS: Paul teaches that we're meant to live in mutual support. Jesus himself accepted help - from the woman at the well, Simon carrying his cross, and ministering angels. This web of mutual aid reflects divine love in action, with God's Spirit honoring both givers and receivers. Accepting help is part of the sacred dance of human interdependence.

➔ **Practice:** The next time someone offers help today — even in a small way — try responding with "Thank you" instead of "I'm fine" or "I can do it myself."