

I know when to ask for help and who to ask for help from.

At times in our lives we all need help. We cannot do everything on our own. Sometimes we need to go to others and ask for their help. We are not weak when we do this – often it takes a great deal of courage and effort to ask for help. In our story this week, which is found in Mark’s Gospel, we hear about some friends who went to a great deal of trouble because their friend needed help.



How wonderful to have such good friends – friends that would go to so much trouble to ask for help for you. The friends in this story knew and believed that Jesus would be able to help their friend. It is the same for us.

Jesus is always there to listen to us and to help us when we need it.

**IT'S OKAY TO
ASK FOR HELP.**

