GLORY & GRIT

where faith meets real life

The Ring of People God Placed Around Me

RECEIVING CARE IN A HARD SEASON

When life has left you feeling overwhelmed, accepting help may stir gratitude and discomfort at the same time. Make room to notice the care offered to you.

CENTRAL QUESTION

Where might I make room to receive care without seeing myself as a burden?

TRUTH TO CARRY

Needing help does not make me less worthy of love.

Being cared for can feel unfamiliar. Your need does not take away your dignity or your place in the circle.

REFLECTION QUESTIONS

- What makes receiving care difficult for me?
- What do I fear others think when I need help?
- When have I felt cared for in a practical way?
- What might I say to myself with more kindness?

PRAYER PROMPT

Ask God to help you notice trustworthy support. Share the feelings that arise when you need help, and ask for grace to receive care without shame.

GRIT PRACTICE

Pause before turning down an offer of help.

NOTICE

Name what you feel when someone offers support.

CONSIDER

Is this person safe and is their offer useful to you?

CHOOSE

If it feels right, accept one specific thing this week.

CLOSING REMINDER

You can honor what was lost and still receive love in the middle of it.
God can meet you in the care offered by the people around you.

Keep walking with Him - one honest, needful step at a time.