

*Lets*

**UNPACK**

**HELP ME**

*Ask For Help  
Scriptures & Notes*

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**Conflict is a filtration system.**

**Conflict:**

An active disagreement between people, ideas, thoughts, or needs with opposing opinions or principles.

**There's A War Within: James 4:1-10**

1. Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members? 2. You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. 3. You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. 4. Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God. 5. Or do you think that the Scripture says in vain, "The Spirit who dwells in us yearns jealously"? 6. But He gives more grace. Therefore He says:

"God resists the proud, But gives grace to the humble."

7. Therefore submit to God. Resist the devil and he will flee from you. 8. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

9. Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. 10. Humble yourselves in the sight of the Lord, and He will lift you up.

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**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

**Filter:**

A tool for selecting or removing a particular type of information.

A program that receives and processes information before displaying it or preventing it from being seen.

**The Purpose of conflict** is to gain insight into your situation, to decide what decisions need to be made, to discern what action should be taken, and what lessons should be learned.

**The Word Of God is the filter**

**Hebrews 4:11-13**

11. Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience. 12. For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. 13. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

God's word helps us discern each situation to gain wisdom and direction. God's word also keeps us from avoiding or hiding from His light. In so many words, His word keeps us honest and without excuse.

*Let's*  
**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

**Here are a few indicators that you need help.**

1. You feel overwhelmed and unable to handle a situation on your own.
2. You're experiencing a significant decline in your mental or emotional well-being.
3. You're facing a complex problem that requires expertise or guidance.
4. You're constantly feeling stressed, anxious, or depressed.
5. Your physical health is deteriorating, and you're unsure about the cause.
6. You're struggling with addiction or substance abuse.
7. You're facing relationship difficulties that you can't resolve independently.
8. You're experiencing financial distress and need advice or support.
9. You're feeling isolated or lonely and need someone to talk to.
10. You're encountering a situation that poses a risk to your safety or the safety of others.

*Let's*  
**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

**Here are a few indicators that you need help.**

1. You're consistently having trouble sleeping or experiencing significant changes in your sleep patterns.
2. Your work or academic performance has significantly declined, and you're unable to improve it on your own.
3. You're having difficulty managing your time or staying organized.
4. You're experiencing frequent and intense mood swings.
5. You have unresolved trauma or past experiences that are negatively impacting your daily life.
6. You're having persistent conflicts or difficulties in your personal or professional relationships.
7. You're experiencing a loss of interest or pleasure in activities you once enjoyed.
8. You're engaging in self-harming behaviors or having thoughts of self-harm or suicide.
9. You're struggling with body image issues, disordered eating, or an unhealthy relationship with food.
10. You're finding it challenging to cope with a significant life change or loss, such as a breakup, divorce, or death of a loved one.

*Let's*  
**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

## **What is help?**

### **Help:**

- Making tasks easier by offering services or resources.
- Providing assistance or support to someone.
- Supplying something useful or necessary to achieve a goal.
- Serving someone.
- Requesting urgent assistance.

### **Assist:**

- Sharing the workload.
- Passing the ball.
- Coming to someone's aid.

### **Support:**

- Holding something firmly or bearing its weight to prevent it from falling.
- Upholding or supporting a cause or belief.
- Maintaining or keeping something going by paying the cost.
- Promoting the interests of another.
- Offering encouragement to prevent fainting, yielding, or losing courage.

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**HELP ME**  
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*Scriptures & Notes*

## Why don't people ask for help?

1. **Self-reliance:** People may have a strong sense of self-reliance and prefer to handle things on their own. They may feel that asking for help is a sign of weakness or dependence.
2. **Fear of judgment:** There is a fear of being judged or viewed negatively by others if they admit they need help. This fear can stem from concerns about appearing incompetent or vulnerable.
3. **Pride:** Pride can prevent individuals from seeking assistance because they want to maintain a sense of control and not appear needy or incapable.
4. **Previous negative experiences:** Negative experiences in the past, such as being let down or receiving unsatisfactory help, can make individuals reluctant to ask for help again.
5. **Perceived burden:** Some individuals may not want to burden others with their problems or feel like they are imposing on others' time and resources.
6. **Lack of trust:** A lack of trust in others or a general skepticism about receiving help can discourage individuals from seeking assistance.
7. **Fear of rejection:** There may be a fear of rejection or being turned down when asking for help, which can lead to feelings of embarrassment or shame.
8. **Cultural or societal norms:** Certain cultural or societal norms may discourage people from seeking help, promoting independence and self-sufficiency as virtues.

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**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

## 10 Scriptures of God's promises to help us

1. **Psalms 121:2** - "My help comes from the LORD, the Maker of heaven and earth."
2. **Psalms 46:1** - "God is our refuge and strength, an ever-present help in trouble."
3. **Isaiah 41:10** - "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
4. **Hebrews 4:16** - "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."
5. **Proverbs 3:5-6** - "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."
6. **Psalms 46:7** - "The LORD Almighty is with us; the God of Jacob is our fortress."
7. **Matthew 11:28** - "Come to me, all you who are weary and burdened, and I will give you rest."
8. **Isaiah 40:31** - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."
9. **Psalms 28:7** - "The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."
10. **Philippians 4:13** - "I can do all this through him who gives me strength."



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**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

## **Truth is..**

### **Emotional Strength: Being Capable**

- Emotional strength is not about shutting down or dismissing emotions but about staying attuned to your experiences.
- Avoiding or suppressing emotions leads to feeling weaker and more vulnerable.
- Developing emotional strength involves facing and tolerating unpleasant feelings.
- Believing in your own capability to handle challenges is crucial for emotional strength.
- Embracing a wide range of feelings leads to empowerment, growth, and willingness to take risks.

### **Emotional Strength: Being Resourceful**

- Being resourceful means acknowledging your dependence and recognizing when you need help.
- It takes vulnerability, courage, and self-comfort to ask for assistance.
- Asking for help is a sign of strength and allows for personal growth and support.
- Graciously receiving help honors others and fosters a harmonious balance between independence and dependence.
- Embracing both independence and dependence is essential for emotional strength and well-being.

### **Believing in Your Capability and Resourcefulness**

- Emotional strength requires accepting both parts of your nature: independent and dependent.
- Pursue your goals independently while being comfortable with feelings of dependence.
- Being connected to others and letting them know you creates inner peace.
- Possessing emotional resources empowers you to pursue dreams and goals.
- Having the courage to ask for help when needed is a sign of emotional strength.

*Lets*  
**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

## **The greatest commandment**

Love God with your

**Heart:** passion, enthusiasm, honesty, intimacy, desire, hopes, and dreams

**Soul:** motivation, intentions, on purpose, emotions; holding nothing back, expression; worship

**Mind:** thoughts, attention, intellect, concepts, genius, brilliance

**Strength:** energy, willingness, virtue, cooperation, time, effort

**And love your neighbor as yourself**

*Let's*  
**UNPACK**  
**HELP ME**  
*Ask For Help*  
*Scriptures & Notes*

## **We receive Help and in exchange, give help**

1. **Galatians 6:2** - "Carry each other's burdens, and in this way you will fulfill the law of Christ."
2. **Proverbs 19:17** - "Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done."
3. **Luke 6:38** - "Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."
4. **Acts 20:35** - "In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'"
5. **Proverbs 11:25** - "A generous person will prosper; whoever refreshes others will be refreshed."
6. **Matthew 10:42** - "And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward."
7. **Hebrews 13:16** - "And do not forget to do good and to share with others, for with such sacrifices God is pleased."
8. **1 John 3:17** - "If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?"
9. **Proverbs 22:9** - "The generous will themselves be blessed, for they share their food with the poor."
10. **Romans 12:13** - "Share with the Lord's people who are in need. Practice hospitality."

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Scriptures & Notes*

If you believe you need help, someone to talk to, or are ready to take steps in your healing journey, click the link below or scan the QR Code and schedule a free **Let's Unpack Strategy Session** today.

