BRING *YOUR* NEED

A one-page reflection guide for asking Jesus with humility, honesty, and trust



Verified Key Scripture

> *"Lord, help me."*
> *Matthew 15:25 ESV*

Short Reflection

The Canaanite woman came to Jesus carrying a need she could not solve. She cried out. She endured silence. She came closer. Then her prayer became only three words: "*Lord, help me.*"

She did not make her worthiness the center of the request. She placed her hope in the mercy of Jesus.

Humility does not require you to pretend your need is small. It does not ask you to despise yourself, accept mistreatment, or stop speaking honestly. Humble faith names the need clearly while releasing the demand to control how God must answer.

You may be carrying a prayer that has become difficult to keep praying. Begin where the woman began. Bring the real need. Notice the arguments you use to prove that God should act. Release them. Then remember what is true about Christ: His mercy is not scarce, His wisdom is not thin, and His silence is not permission to conclude that He has forgotten you.

Keep asking. Keep trusting. Keep your hands open.

Humble *faith* *does* not make the need smaller.
It *places* the need in the han*ds* of Jesus.

Five Questions to Carry

1. What need am I carrying that I can no longer solve or control?
2. Where have I begun to interpret silence as rejection?
3. What argument about my deserving, service, suffering, or faithfulness am I placing beneath the prayer?
4. What is true about the mercy, wisdom, and authority of Jesus even before I see an answer?
5. What one faithful step can I take while I keep asking and leave the outcome with Him?

Connection to the Reflection

Continue with this week's *When the Word Lingers* reflection: *The Humility That Would Not Leave Empty* — what the Canaanite woman teaches us about humble, persistent faith — tiofelipe.com/blog

A Simple Practice — Open Hands Before Mercy

- **NAME** — Write the need in one honest sentence. Do not edit it into something more spiritual.
- **RELEASE** — Open your hands and name the leverage you have been carrying: what you have done, what you deserve, or how the answer must come.
- **REMEMBER** — Write one truth about Jesus that remains true in the silence. For example: His mercy is not scarce. His wisdom is not thin. His authority reaches where I cannot.
- **REMAIN** — Choose one faithful action for this week: pray again, ask for help, make an appointment, apologize, rest, wait, or take the next wise step.

Practice Prayer

Lord Jesus, I bring You what I cannot carry alone.
Keep my hands open to Your mercy and wisdom.

A Short Prayer

Lord Jesus, You know the need I have carried and the answers I cannot control. Forgive me for turning prayer into a case I must win. Teach me to ask honestly without making my worthiness the ground of hope. Keep me from confusing silence with abandonment. Give me courage to remain near, wisdom for the next faithful step, and trust that Your mercy is not scarce. Amen.