

God, give me a healthy humility that depends on Your strength as my help and refuge. May my sense of helplessness not be based on lies I tell myself, however. When I hear myself saying things like, "There is no way I can get out of this mess- it's hopeless," or "Life has not been fair to me, so why should I even try anymore?" or "No one cares about me so I might as well give up," remind me that these words are not the truth. Give me the courage that is based on confidence in Your strength.



Prayers for Difficult Times
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Helplessness



"But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, 'God, have mercy on me, a sinner.'"

Luke 18:13 NIV

Lord, help me to know the difference between accepting that I need Your help and using a false helplessness to manipulate others. Show me the insight to use it.



Sometimes, Lord Jesus, when I feel helpless, I am really just underestimating the abilities You have given me. Give me the strength and confidence to become the person You created me to be.

We have all heard the expression, "God helps those who help themselves." And while there is a certain truth to the saying (God does not want us to sit there expecting a miracle when He has already put the means to accomplish something into our hands), the opposite is also true: God helps those who are helpless.

Look at the tax collector who did not even try to prove his worth. He just stood off in the distance and threw himself on God's mercy. Alcoholics Anonymous teaches that only when a person has hit bottom and finally acknowledged her helplessness is she ready to change.

In Jesus' day, the Pharisees did not see themselves as helpless. They trusted in their own righteousness, in their own abilities to save themselves. But Jesus said, "Blessed are the poor in spirit, for theirs is the kingdom of heaven" (Matthew 5:3). When we are helpless, when we give up our dependence on our own strength, then God can begin to act in our lives.

I need You, God.
I cannot handle life on my own.



Lord, You promise to give me all the help I need. I depend on You for my help.



Sometimes, Father, I feel helpless to change the way others perceive me. Thank You that You always believe in me.