

### **The Couch Story (A Short Summary)**

This journey begins with a simple, humble moment: a couch stuck in a doorway. I decided—confidently—to move the couch by myself. It didn't look that heavy. It looked manageable. Until it wedged itself into the doorway at a sacred angle known only to furniture and humiliation. I pushed. I lifted. I negotiated with God. Nothing worked. Then my neighbor walked by, lifted one end with ease, and the couch slid through effortlessly. She smiled and said, *“You know, you could have just asked.”* The couch wasn't the problem. My refusal to ask for help was.

### **The Courage to Ask for Help**

Most of us were taught that strength means handling things on our own. Don't complain. Don't need too much. Don't ask—unless it's absolutely necessary. But here's the truth we're exploring today: **strength is a team sport.** The courage to ask for help isn't weakness. It's wisdom. It's vulnerability. It's an act of courage that opens the door to connection, healing, and transformation. Sometimes the bravest words we can say aren't *“I've got this,”* but *“I can't do this alone.”*

### **The Myth of Independence**

Many of us grew up believing that independence equals maturity and needing help equals failure. We heard phrases like: - *“Pull yourself up by your bootstraps.”* - *“Don't be a burden.”* - *“You should be able to manage this yourself.”* Even spiritually, some of us absorbed the idea that we're supposed to be self-sufficient. But isolation isn't strength, it's exhaustion. The cost of this myth is high: - Burnout from carrying too much alone - Disconnection from others - A quiet sense of loneliness. Independence was never meant to mean *alone.*

### **We Are Wired for Connection**

Science confirms what wisdom traditions have always known: we are relational beings. Our brains are social organs. Our nervous systems regulate in the presence of safe, supportive people. We calm down together. We heal together. Humans survived not because we were the strongest, but because we cooperated. We shared food. We raised children together. We protected one another. Scripture affirms this truth: *“Two are better than one... if one falls, the other can help them up.”* Connection isn't optional. It's essential.

### **Ubuntu: “I Am Because We Are”**

In the African philosophy of **Ubuntu**, there is a simple, powerful truth:

*I am because we are.*

My humanity is bound up in yours. I don't exist in isolation. I exist in relationship. To ask for help is not to diminish yourself; it's to remember who you are.

### **What Keeps Us from Asking for Help?**

If connection is so natural, why is asking for help so hard?

- **Fear of being a burden**

We worry we're imposing or asking too much. But asking invites connection—it honors the other person's capacity to care.

- **Shame about needing help**

We think we *should* be able to handle it. But vulnerability is courage, not failure. Needing help is part of being human.

- **Fear of rejection or judgment**

Someone might say no. But a no is not a rejection of your worth. It's simply information.

- **Loss of control**

Asking for help means letting go of doing things our way. But releasing control opens space for collaboration, grace, and unexpected solutions.

## Asking for Help as a Spiritual Practice

Asking for help isn't just practical, it's spiritual.

It's an act of **humility** to acknowledge we don't have all the answers.

It's an act of **trust**, believing that support is available.

It's an act of **reciprocity**, allowing giving and receiving to flow.

It's an expression of **unity consciousness**, recognizing that we are interconnected.

Even Jesus asked for help—repeatedly. If he could, so could we.

### How to Ask for Help

#### 1. Get clear on what you need

Be specific. Emotional support, practical help, guidance, or a listening ear.

#### 2. Choose the right person

Match the need with someone who has the capacity and skills to help.

#### 3. Ask directly and clearly

Don't hint. Don't hope. Just ask.

#### 4. Accept the answer with grace

Yes or no—both are okay. Honor boundaries.

#### 5. Receive with gratitude

Let yourself be helped. Say thank you. Let it land.

## The Big Truth

The bravest thing you can say isn't "*I've got this.*"

It's "*I can't do this alone.*"

Strength doesn't come from isolation. It comes from connection.

## My Invitation

Notice where you're carrying something alone.

Ask yourself: "*What would change if I asked for help?*"

This week, practice asking—just once. And notice what opens.

## Prayer

Divine Presence,

We release the illusion that we must do this alone.

We embrace the courage to ask and the grace to receive.

We remember that we are wired for connection and held in love.

May we trust that help is here.

And so, it is. Amen.

**Affirmation:** *I release the belief that I must do everything alone. I am strong enough to ask for help.*

## My Blessing for You

May you remember that you are not meant to walk alone.

May you release the belief that strength means doing everything by yourself.

When you feel tired or unsure,

May you give yourself permission to ask.

May you discover that asking for help

Does not make you weaker—

It connects you more deeply to love.

May you leave here knowing this truth:

You are strong enough to ask.

You are worthy of support.

You belong.

And so, it is.