

# JOYFUL HOMES AREN'T PERFECT

# They ask for help.



We were created for relationship. Individuals are born into families, and families are meant to be part of communities. Part of God's design in this is that no one person or family should need to struggle alone. And yet, so many people who are happy to help their neighbors are afraid to ask for help themselves!

### As a family, discuss:

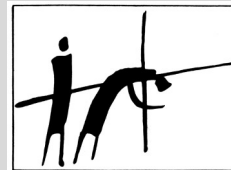
- Who do you tend to go to for help first? Why?
- How does it feel to ask for help? To be asked for help?
- What are some effective ways to offer help to others?
- What are you struggling with right now that we as a family can help you with?

## Pick one practice this month!

*One small, attainable goal sets us up for success.*

- Sometimes it's easier to do something ourselves than ask for help, but this can leave us feeling stressed and resentful. Invest time this month in teaching your spouse or kids how to do one task that will lighten your load.
- Struggling with something serious? Don't go it alone! Reach out to Catholic Charities ([catholiccharitiesks.org](http://catholiccharitiesks.org)), or find other resources here: [archkck.org/family](http://archkck.org/family).
- Build community by asking for (and offering) small kindnesses outside your family:
  - Ask friends to pray for specific intentions
  - Ask a neighbor to borrow a tool
  - Share meals during a sickness or after a new baby
  - Take turns with another family offering child care for date nights or errands

## BEING SIMON



Simon of Cyrene is famous for having helped Jesus bear his cross, but who

benefitted more from this encounter? The very fact that we know Simon's name 2,000 years later suggests that he left his time with Jesus profoundly changed, becoming His disciple.

It is humbling to ask for help, but we often forget that in asking others for what we need, we are giving them the opportunity to be blessed by sharing in our burdens. It can also give them courage to speak up later when they need help.

Scripture of the month: Galatians 6:2

*Carry each other's burdens, in this way you will fulfill the law of Christ.*

God, give me humility to ask for what I need, and generosity to help others.

Want more ideas and encouragement? [www.archkcks.org/help](http://www.archkcks.org/help)