Men of Humility: Learning to Ask for Help



A 7-day journey exploring humility and dependence on God and others for men entering their final season.





Table of contents

<u>Introduction</u>	3
<u>Day 1: Strength in Vulnerability</u>	5
Day 2: 🎔 The Power of Community	11
Day 3: A Trusting God's Timing	17
<u>Day 4: ○ Wisdom in Asking for Help</u>	23
<u>Day 5: ♥ Peace Through Surrender</u>	29
Day 6: Renewal in God's Presence	35
<u>Day 7: Purpose in Dependence</u>	41







Introduction

Welcome to this 7-day Bible study focused on the unique journey men face as they learn to embrace humility and ask for help, especially in their later years. Often, men are taught to be self-reliant and strong, but God calls us to recognize the strength found in dependence — both on Him and on the community He places around us.

In this season of life, whether transitioning into retirement, facing health challenges, or reflecting on a lifetime of accomplishments, the ability to ask for help becomes a vital skill rooted in faith and trust. This study offers a biblical perspective to encourage vulnerability, humility, and the courage to seek support.

Throughout these seven days, we will explore Scripture passages highlighting men who demonstrated strength through surrender and reliance on God and others. Our key focus is on developing a heart posture that honors God by embracing human need, letting go of pride, and welcoming community. You will be invited to reflect, journal, and pray, fostering an authentic connection with God and your brothers in faith.

Remember, humility is not weakness, but a powerful indication of trusting God's timing and provision. Asking for help is a courageous step toward deeper fellowship and spiritual growth as you navigate this chapter of life.







Let us begin this transformative journey together, knowing God is with us every step of the way.









Day 1: V Strength in Vulnerability









Day 1: ① Strength in Vulnerability

Your Verse

Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."







Day 1: V Strength in Vulnerability

Devotional: God's Strength Shows in Our Weakness

Many men grow up believing that to be strong means to face every challenge alone. Yet the Bible reveals a different perspective — strength often comes through acknowledging our weakness and leaning on God.

Psalm 34:18 reminds us that God is close to those who feel broken or crushed in spirit. This is a profound encouragement that our struggles are not unnoticed. When you feel vulnerable or overwhelmed, God is near, ready to comfort and sustain you.

Paul's words in 2 Corinthians echo this truth: God's power is perfected in our weakness. This means that asking for help isn't a sign of failure but an opportunity for God's grace to shine. It takes humility to admit we can't do everything alone.

Trusting God fully (Proverbs 3:5) means letting go of the need for control and being willing to depend on Him and others, even when that feels uncomfortable. Embrace vulnerability today as a pathway to deeper strength and peace.







Day 1: 🕡 Strength in Vulnerability

Reflect and Apply

1 .]	In what areas of your life do you find it hardest to admit weakness?
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	How can embracing vulnerability transform your relationship with God and others?
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3.	What fears or beliefs hold you back from asking for help?
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Day 1: 🕡 Strength in Vulnerability

Journaling Prompts

1.	Write about a time you struggled alone and how it affected you.
2.	List people you can turn to for support and why.
3.	Describe what trusting God with your weaknesses looks like today.







Day 1: V Strength in Vulnerability

Prayer for Today

Lord, help me to see my weaknesses as openings for Your strength. Teach me humility and courage to ask for help when I need it. Draw near to my broken places and remind me that I am never alone. Softly break down the walls of pride in my heart, so I can fully rely on Your grace and the community You provide. Thank You for Your unfailing love and presence in every season of life. Amen.

















Day 2: 🎔 The Power of Community

Your Verse

Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."







Day 2: 🍑 The Power of Community

Devotional: We Were Made for Connection

God designed us to live in community. We are not meant to journey alone, especially in challenging seasons. Ecclesiastes 4 reminds us of the practical benefits and spiritual importance of companionship — two bear burdens more easily, encourage each other, and provide strength.

For men, who may face societal pressures to be self-sufficient, embracing community can be difficult but deeply rewarding. Calling on brothers in faith, family, or friends is an act of humility and obedience.

Paul instructs the Galatians to bear one another's burdens (Galatians 6:2), which fulfills Christ's law of love. This mutual support nurtures healing, growth, and joy.

Hebrews 10 exhorts believers to gather, encouraging one another to good works and holding fast to hope. Imagine how powerful it is when we open our hearts to trusted others — this is God's design to sustain us.

Today, consider who God has placed around you to help carry the load and how you might be that helper for someone else.







Day 2: Ծ The Power of Community

Reflect and Apply

1.	Who are the people in your life that you trust to share your struggles?
	How do you respond when others ask you for help? What does this say about your heart?
	What steps can you take to cultivate deeper connections with your community?







Day 2: Ծ The Power of Community

Journaling Prompts

1.	Write about a community or relationship that has supported you well.
2.	Identify any barriers you face in fully embracing help and connection.
3.	List practical ways you can build or strengthen relationships this week.







Day 2: 🍑 The Power of Community

Prayer for Today

Father, thank You for the gift of community. Help me to be humble and brave enough to reach out for help and to be a source of support to others. Surround me with loving brothers and friends who encourage my faith and walk with me through difficult times. Teach me to carry burdens with compassion and grace, reflecting Your heart. In Jesus' name, Amen.

















Your Verse

Isaiah 40:31 - "But those who hope in the Lord will renew their strength."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Lamentations 3:25-26 "The Lord is good to those who wait for him."







Devotional: Patience as an Act of Faith

As men mature, they often face seasons where progress slows and answers aren't immediate. This can be frustrating, especially when health changes or plans shift unexpectedly.

Isaiah 40:31 offers profound hope by promising renewed strength to those who hope in the Lord. Patience in waiting is not passive but an active demonstration of trust.

Psalm 27 encourages strength and courage in waiting — boldness anchored in faith. Similarly, Lamentations reminds us the Lord is good to those who wait for Him, showing His faithfulness even in hard times.

Learning to trust God's timing means releasing control and embracing His perfect plan. This humbling surrender is a daily choice to place hope in His wisdom rather than our desires.

Today, lean into the peace that comes with waiting on God, confident He will provide at the right moment.







Reflect and Apply

	How do you typically respond when God's timing differs from your desires?
2.	What fears or frustrations arise in the waiting seasons of life?
3.	In what ways can waiting deepen your trust and reliance on God?







Journaling Prompts

1.	Describe a past season where waiting on God led to unexpected blessings.
2.	Write about your current challenges with patience and trust.
3.	List verses or truths you can meditate on to strengthen hope during waiting.







Prayer for Today

Lord, teach me to trust Your timing and rest in Your sovereignty. When impatience and doubt arise, renew my strength and fill me with peace. Help me to wait with hope and courage, knowing You are working all things for good. May my heart remain anchored in Your promises. In Jesus' name, Amen. Σ \mathcal{L} \mathcal{L}















Your Verse

Proverbs 11:14 – "Where there is no guidance, a people falls, but in an abundance of counselors there is safety."

Supporting Scriptures

- James 1:5 "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."
- Ecclesiastes 7:5 "It is better to heed the rebuke of a wise person than to listen to the song of fools."







Devotional: Seeking Godly Counsel Humbly

One mark of true humility is recognizing we do not have all the answers and must seek wisdom from God and others. Proverbs 11:14 highlights that without guidance, people fall; but with many counselors, there is safety and stability.

As men age, the humility to ask for help — whether emotional, spiritual, or practical — is an essential wisdom skill.

James 1:5 encourages believers to ask God for wisdom freely and assures He will give generously to all without reproach. This invitation is comforting; God desires to teach us.

Ecclesiastes 7 reminds us to accept correction and embrace wise counsel even when it challenges us. Pride resists advice, but humility receives it gratefully.

Today, reflect on the wisdom available all around you and the blessing of God's guidance when you open your heart to ask.







Reflect and Apply

1.	What keeps you from seeking advice or help when facing difficulties?
2.	How do you respond to correction or counsel from others?
3.	Who in your life exemplifies godly wisdom you can turn to?







Journaling Prompts

1.	List current decisions or challenges where you need counsel.
2.	Write about a time when wise advice helped you avoid failure.
3.	Record prayers asking God for wisdom and open heart to correction.







Prayer for Today

Father, I confess my need for Your wisdom and the counsel of others. Help me to put aside pride and ask for help when needed. Teach me to receive correction with a humble heart and to seek Your guidance earnestly. Surround me with wise counselors who honor You. In Jesus' name, Amen. \square \triangle







Day 5: 💝 Peace Through Surrender









Day 5: W Peace Through Surrender

Your Verse

Philippians 4:6-7 - "Do not be anxious about anything... the peace of God, which transcends all understanding, will guard your hearts and your minds."

Supporting Scriptures

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Romans 8:28 "In all things God works for the good of those who love him."







Day 5: ♥ Peace Through Surrender

Devotional: Letting Go to Receive Peace

Many men carry heavy burdens in silence, believing they must endure alone. However, God invites us to bring every worry and burden to Him, exchanging anxiety for peace.

Philippians 4:6-7 reminds believers not to be anxious but to pray with thanksgiving. The result is an unexplainable peace that guards our hearts and minds—true supernatural calm amid life's storms.

Jesus extends a personal invitation in Matthew 11:28 to those weary and burdened, promising rest for our souls. This is a picture of trust and surrender — releasing control and leaning fully on Him.

Romans reassures us that in all things God works for good, even hardships and challenges. Surrendering does not mean giving up but embracing God's purpose and care.

As you face your final season, may you experience the peace that comes from resting fully in God's hands.







Day 5: 🐯 Peace Through Surrender

Reflect and Apply

1.	What burdens are you currently carrying that you find hard to surrender?
2.	How have you experienced God's peace in difficult situations before?
3.	What would it look like for you to fully trust God with your season of life?







Day 5: 🐯 Peace Through Surrender

Journaling Prompts

1.	Write a prayer surrendering your worries and fears to God.
2.	Describe moments when you experienced God's calming peace.
3.	List practical ways to remind yourself to give burdens to God daily.







Day 5: W Peace Through Surrender

Prayer for Today

Lord Jesus, I come to You with my burdens and anxieties. Teach me to surrender fully and receive Your perfect peace. Guard my heart and mind from worry and fill me with rest. Help me trust that You work all things for my good. Thank You for Your faithfulness and love. Amen. 😂 😂 🔝

















Day 6: Benewal in God's Presence

Your Verse

Isaiah 43:2 – "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you."

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- John 15:5 "I am the vine; you are the branches. If you remain in me, you will bear much fruit."







Day 6: Benewal in God's Presence

Devotional: Finding Renewal in God's Care

Life's later seasons often bring unknown waters — transitions, losses, and new realities. Yet Isaiah offers a powerful assurance: God is with us through every challenge, and no obstacle overwhelms when He walks beside us.

Psalm 46 calls God our refuge and strength, an ever-present help in trouble. This is a reminder that His presence is not occasional but constant, sustaining us moment by moment.

Jesus' metaphor in John 15 emphasizes the importance of remaining connected to Him. When we do, we experience spiritual fruitfulness and renewal despite circumstances.

This connection requires humility — admitting we need God daily and choosing to abide in His love and care. In your final season, may you find refreshment and strength in His presence, knowing He will not leave you nor forsake you.







Day 6: 🥦 Renewal in God's Presence

Reflect and Apply

1.	How has God's presence comforted you in hard times before?
2.	What does it mean to 'remain in' Jesus in daily life?
3.	In what ways can you nurture your connection to God this season?







Day 6: Benewal in God's Presence

Journaling Prompts

1.	Recall specific moments when you felt God's renewing presence.
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2.	Write about habits that help you stay connected to God.
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Э.	Pray for deeper intimacy with Jesus and openness to His refreshment.







Day 6: Benewal in God's Presence

Prayer for Today

Father, thank You for the promise that You are with me always. Help me to abide in You, drawing strength and renewal from Your presence. Be my refuge and guide as I navigate this season. Restore my soul and fill me with Your peace and fruitfulness. In Jesus' name, Amen. 💋 🙏 💍









Day 7: OPPurpose in Dependence









Day 7: O Purpose in Dependence

Your Verse

John 15:13 – "Greater love has no one than this: to lay down one's life for one's friends."

Supporting Scriptures

- Romans 12:4–5 "So in Christ we, though many, form one body..."
- Philippians 2:3-4 "In humility, value others above yourselves."







Day 7: O Purpose in Dependence

Devotional: Serving with Humble Dependence

In our final seasons, purpose often shifts from self-focus to loving and serving others with humble dependence on God. Jesus modeled this perfectly, showing sacrificial love and humility.

John 15:13 highlights the greatest love: laying down one's life for friends. This speaks not only of sacrifice but of deep connection and care within the community.

Romans describes believers as parts of one body, each with a role to play. Your experiences and gifts remain valuable and can bless others when you lean on God and receive support.

Philippians calls us to humility by valuing others above ourselves and looking to their interests. This posture fosters meaningful relationships and fulfills God's purpose.

Today, embrace dependence as a way to serve others with love and continue your legacy through humility and connection.







Day 7: OPurpose in Dependence

Reflect and Apply

1.	How has your understanding of purpose evolved in this season of life?
2.	In what ways can dependence on God and others enhance your service?
3.	What legacy of humility and love do you hope to leave?







Day 7: OPurpose in Dependence

Journaling Prompts

1.	Write about how you can serve others in your current season.
2.	Reflect on ways humility has shaped your relationships.
3.	Pray for a heart that seeks to love and serve selflessly.







Day 7: O Purpose in Dependence

Prayer for Today

Lord Jesus, thank You for showing me the power of humble love and service.

Help me to depend fully on You and embrace the joy of serving others. Use me to bless those around me and to fulfill Your purpose in my life. May my legacy reflect humility, love, and faithful dependence on You. Amen. \heartsuit \diamondsuit







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