



## What Does Helping Others Accomplish?

*Could helping others be a reminder that your situation may not be as bad as you thought?*

“For I can do everything through Christ, who gives me strength.”  
(Phil 4:13, NLT)

### IDEAS FOR REFLECTION

*Could helping others be a reminder that your situation may not be as bad as you thought?*

*Caring produces courage. Do you need courage in your life today? Be willing to put on the hero's courage and help someone today.*

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### JOURNAL YOUR THOUGHTS

*When was the last time that you helped someone? What emotions did you experience? Did you experience a sense of knowing or remembering that God will help you? Journal your thoughts.*

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### MY PRAYER

*Jesus, thank you for the courage to care for others. I believe that your heart is to help people. I ask you to reveal to me that I have power to help someone else. Thank you for living in my heart and caring through me. I receive your love today even as I choose to give your love to others!*

*For further studies on this subject and others like it, please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 9B—Help.*