



*After this, when Jesus knew that everything had now been finished, he said, "I'm thirsty" ...***John 19:28a** (GW)

➤ **THREE SUPPOSITIONS OF THIS SERIES.**

- **Bad days happen to good people.**
- **My bad days are usually not my last days.**
- **Bad days can bring about good things if I respond properly**

*My brothers and sisters, you will face all kinds of trouble. When you do, think of it as pure joy. ³ Your faith will be put to the test. You know that when that happens it will produce in you the strength to continue. ⁴ The strength to keep going must be allowed to finish its work. Then you will be all you should be. You will have everything you need. **James 1:2-4** (NIRV)*

➤ **4 REASONS TO BE HUMBLE AND ASK FOR HELP**

1. **Because humbly asking for help makes me more**
_____.

*We don't have a priest who is out of touch with our reality. He's been through weakness and testing, experienced it all - all but the sin. So let's walk right up to him and get what he is so ready to give. Take the mercy, accept the help. **Hebrews 4:15-16** (MP)*

2. **Because humbly asking for help makes me more**
_____.

*They . . . gave me vinegar for my thirst. **Psalms 69:21** (NIV)*

*There they offered Jesus wine to drink, mixed with gall; but after tasting it, he refused to drink it. **Matthew 27:34** (NIV)*

*My throat is as dry as dust, and my tongue sticks to the roof of my mouth. You have left me for dead in the dust. **Psalms 22:15** (GNB)*

*...Jesus knew that everything had now been finished, he said, "I'm thirsty." He said this so that Scripture could finally be concluded. ²⁹ A jar filled with vinegar was there. So the soldiers put a sponge soaked in the vinegar on a hyssop stick and held it to his mouth. **John 19:28-29** (GW)*

- **In life and death Jesus aligned himself with everything the bible said he would, and should be as the** _____.
- **Humbly asking for help aligns me with everything the Bible says I would, and should be as a** _____.

*I know, LORD, that we humans are not in control of our own lives. **Jeremiah 10:23** (CEV)*

*Confess your sins to each other and pray for each other... The earnest prayer of a righteous person has great power... **James 5:17** (NLT)*

*Help each other with your troubles. When you do this, you are obeying the law of Christ. **Galatians 6:2** (ERV)*

3. **Humbly asking for help makes me more** _____.

*Imitate God, therefore, in everything you do, because you are His dear children. ² Live a life filled with love, following the example of Christ. **Ephesians 5:1-2** (NLT)*

*Join together in imitating me, brothers, and pay close attention to those who live by the example we have set for you. **Philippians 3:17** (ISV)*

4. **Humbly asking for help makes me more** "_____."

*God has no use for conceited people, but shows favor to those who are humble. **Proverbs 3:34** (GNB)*

*God opposes the proud but gives grace to the humble... ⁸ Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. ⁹ Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. ¹⁰ Humble yourselves before the Lord, and he will lift you up. **James 4:6-10** (NIV)*