

We all need the encouragement and prayers of others.



WHEN YOU'RE HAVING A TRIAL OR A PROBLEM, you should never complain or dump your doubts and fears on others, but that doesn't mean you can't ask for counsel or prayer about your problem.

Some people keep things in and suffer through their trials without asking for help or prayer. Well, you can admire them for being able to take it, but wouldn't it be better if they would just honestly confess that they need help and prayer? Spilling it all out prevents a lot of misunderstandings and it gets you some prayer and sympathy, at least—the very things you like to have when you're going through a trial.

Many times it really helps to talk about your problem, but of course you should try to find someone who is spiritually strong, because you don't want to stumble others or bring them down or discourage them in any way.

“Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much” (James 5:16). “Bear one another's burdens, and so fulfill the law of Christ” (Galatians 6:2).