

July 8, 2026

Someone to Help You Up

July Series: Stronger Together

Week Focus: Better Together

Scripture – Ecclesiastes 4:10 - *“If either of them falls down, one can help the other up.”*

Devotional Reflection

Everyone experiences moments when they need encouragement, support, and strength from others. No matter how strong or spiritually mature someone becomes, there will still be seasons when life feels heavy and challenges become difficult to carry alone. Ecclesiastes 4:10 reminds us of the blessing of having someone nearby when we fall. God often provides strength, not only through what He does within us, but also through the people He places around us.

One of the dangers of isolation is that it convinces us we must handle everything by ourselves. Pride may tell us not to ask for help. Fear may tell us that others will not understand. Past disappointments may tell us it is safer not to rely on anyone. However, God designed relationships to provide encouragement during difficult seasons. Healthy connections give us people who can pray with us, speak truth to us, support us, and remind us that we are not walking alone.

The reality is that everyone falls in some way. Sometimes we fall because of discouragement. Sometimes we fall because of disappointment, exhaustion, grief, or unexpected challenges. The question is not whether difficult moments will come—the question is whether we have allowed God to build relationships around us that can help us when they do. Strength is not only found in standing tall; sometimes strength is found in having the humility to reach for the hand God has provided.

At the same time, God calls us to become that source of support for others. We should not only ask, “Who will help me when I fall?” but also, “Who has God called me to help lift up?” There are people around us who need encouragement, compassion, prayer, and a reminder of God’s faithfulness. A transformed relationship is one where people are willing to carry strength for each other in different seasons.

Today, consider the value of the relationships God has placed in your life. Appreciate those who have encouraged you, corrected you, prayed for you, and stood with you. Also look for opportunities to be that person for someone else. We are better together because God never intended for us to face every battle alone. Sometimes the strength we need comes through the people He sends.

Focus for Today

God places people in my life to strengthen me, and He uses me to strengthen others.

Practice

- Thank God for someone who has helped you through a difficult season.
 - Send a message of encouragement to someone who may need support.
 - Be honest about an area where you may need help or prayer.
 - Ask God to show you who you can help lift up today.
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Prayer

Father, thank You for the people You have placed in my life to encourage and strengthen me. Help me have the humility to receive support when I need it and the compassion to support others when they need me. Teach me to build relationships that reflect Your love and care. Use me to lift others up, and remind me that I never have to walk through life alone. In Jesus' name, Amen.

Reflection Question

Who has God used to help lift you up during a difficult season, and who might God be calling you to encourage today?