



## **FaithWorks Counseling**

Dr. Debbie Harnois

2901 University Avenue, Suite 17

Columbus, GA 31907

706.366.9691

[www.FaithWorksCounseling17.com](http://www.FaithWorksCounseling17.com)

---

---

## **God Commends a Willing, Helpful Spirit**

### **1. The Bible repeatedly honors people who freely help others out of love:**

Carry each other's burdens, and in this way you will fulfill the law of Christ.

*Galatians 6:2*

Do not withhold good from those to whom it is due, when it is in your power to act.

*Proverbs 3:27*

Whoever is generous to the poor lends to the Lord.

*Proverbs 19:17*

Each of you should use whatever gift you have received to serve others.

*1 Peter 4:10*

#### **Biblical principle:**

Helping is an expression of love, stewardship, and obedience.

### **2. But Scripture Warns Against Helping That Is Misguided or Enabling**

Not all "help" is healthy or God-honoring:

If anyone is not willing to work, let him not eat.

*2 Thessalonians 3:10*

Whoever meddles in a quarrel not their own is like one who grabs a dog by the ears.

*Proverbs 26:17*

A fool finds pleasure in foolish schemes.

*Proverbs 10:23*

Let each one carry their own load.

*Galatians 6:5*

#### **Biblical principle:**

Helping that removes responsibility, encourages dependence, or crosses God-given boundaries is not love—it's interference.

### **3. Motives Matter: Why Are They Always Helping?**

Scripture repeatedly checks the *heart behind* the help:

Beware of practicing your righteousness before others to be seen by them.

*Matthew 6:1*

Am I now seeking the approval of man, or of God?

*Galatians 1:10*

Do nothing out of selfish ambition or vain conceit.

*Philippians 2:3*

Unhealthy helping may come from:

- A need to feel needed
- Fear of rejection
- Control or savior-complex patterns
- Avoiding one's own issues
- Pride disguised as service

### **4. Jesus Modeled Balanced, Boundaried Help**

Jesus:

- Healed and served freely
- Withdrew to rest. Luke 5:16
- Said no when crowds demanded more. Mark 1:35–38
- Did not rescue people from consequences. John 5:14

Jesus helped with purpose, not compulsion.

### **5. A Simple Biblical Discernment Grid.**

Before helping, ask:

1. Is this truly mine to carry? Galatians 6:5)
2. Will this empower or enable? 2 Thessalonians 3:10
3. Am I helping out of love or fear? Galatians 1:10)
4. Did God ask me to, or did guilt push me? Colossians 3:23