



## HELP WISH LIST

*“Let me know how I can help!”*

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Families enduring difficulty need care and practical support. Ironically, it is difficult to express needs or accept offers of help—much less ask—even when needs are pressing and legitimate. Meanwhile, concerned friends and family may earnestly desire to help, but don’t know how or fear getting it wrong.

This *Wish List* tool can help. Like a wedding or baby registry, it minimizes the guesswork by encouraging families to detail the specific supports they really need. It empowers friends, family, and the extended community to rally around a struggling family effectively and efficiently.

Concrete and specific offers of help are more effective than open-ended ones.

**If you are a family affected by disability** or other chronic/pressing needs, complete this checklist. Prayerfully consider sharing it with loved ones who genuinely offer, *“Let me know how I can help!”*

**If you love a struggling family and desire to help**, share this *Wish List* with them. Graciously “insist” they complete and return it. Consider a “deadline” for follow up. Struggling families are apologetic and loathe to be a burden. But loving persistence can convince them you mean business.

*“But God has put the body together, giving greater honor  
to the parts that lacked it, so that there should be no division in the body,  
but that its parts should have equal concern for each other.*

*If one part suffers, every part suffers with it;  
if one part is honored, every part rejoices with it.”*

1 CORINTHIANS 12:24–26 NIV

For more ideas, download the book, *Doing Life Together*,  
available free at The Irresistible Church and on Amazon.

<http://irresistiblechurch.org/wp-content/uploads/2017/09/DoingLifeTogetherPDF.pdf>

# HELP WISH LIST

*Check all that apply*

## HOUSEHOLD

- Laundry
- Cleaning: Dishes, bathrooms, kitchen, floors, etc.  
(No shaming. Just real help.)
- Yardwork, home maintenance
- Organization, administrative help (because you're probably drowning in paper.)
- Computer skills, CaringBridge®/social media updates
- Other \_\_\_\_\_

## ERRANDS

- Post office/mail, dry cleaner, pharmacy, deliveries, etc.
- Driving, ride(s) to appointments
- Other \_\_\_\_\_

## BABYSITTING (Respite, Parent Date Nights)

- Babysitting/caregiver assistance (during showers, naps, phone calls, etc.)
- Sibling(s) rides, playdates, outings, homework help
- Pet and/or plant care
- Other \_\_\_\_\_

## FOOD/MEALS

- Meal Train® registration/set up
- Deliver a meal(s)
- Freezer/crockpot/Instant Pot meals
- Other \_\_\_\_\_

## SHOPPING, GROCERY RUNS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FINANCIAL

- GoFundMe for \_\_\_\_\_
- Gift Cards (e.g. Amazon, Target, takeout, massage, manicure, housecleaner, etc.)
- Other \_\_\_\_\_

## TREATS & FUN (Decompression)

- Sweets and/or savories (or both)
- Caffeine!
- Movie/event tickets for dates, family fun nights
- Other \_\_\_\_\_

## PRAYER

- Ongoing (recurring needs or requests)
- Specific (targeted times/events)
- Praying together (prayer partner)
- Other \_\_\_\_\_

## FELLOWSHIP (The Ministry of Presence)

- Accompany to IEP meetings or medical appointments for moral support. No need to contribute or say anything. Just be there (whew).
- Lunch dates, exercise partner (yeah, right), moms/dads night out, etc.
- Hospital care package
- Other \_\_\_\_\_

## MORAL SUPPORT

- Venting session (guilt, judgement, and advice-free.)
- Encouraging notes (with no pressure to respond if you're busy)
- Anniversary, birthday cards (especially siblings)
- Mental health day activity of your choice
- Other \_\_\_\_\_

## MISC. WISHES

(Be honest. Help me, help you.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_