Dear [Referrer's Name],

I hope this message finds you well. I am reaching out to ask for your assistance with a job application at [Company Name], where I am applying for the [Job Title] position.

As you know, I have experience in [relevant skill/experience 1] and [relevant skill/experience 2], which I believe align well with the requirements of the role. My background in [specific area] has equipped me with the ability to [describe relevant achievements or responsibilities], and I am confident that I can contribute positively to [Company Name].

If you feel comfortable doing so, I would greatly appreciate it if you could provide a referral or recommendation. Your support would mean a lot to me as I pursue this opportunity.

Thank you for considering my request. Please let me know if you need any further information or if there's anything I can do to assist you.

Best regards,
[Your Name]
[Your LinkedIn Profile or Contact Information]