WEEK 9

CARRY ONE ANOTHER'S BURDENS



PRIMARY SCRIPTURES

Galatians 6:1–5; Luke 23:26–27

BIG TRUTH

As members of the body of Christ, we are called to help carry one another's burdens with love, wisdom, and compassion as we walk faithfully before God.

PREPARE: READ AND OBSERVE

Read Galatians 6:1–5 and Luke 23:26–27. Circle repeated words, underline commands, and note what the passages reveal about God, people, and relationships.

My first observations or questions:

KNOW: UNDERSTAND THE TRUTH

As you study these passages, consider what it means to carry one another's burdens in love. Pay attention to how Scripture calls us to respond to those who are struggling while recognizing our own responsibilities and limitations.

Carry the Heavy Weight
A burden is an oppressive weight, too heavy to carry alone. In Galatians 6, Paul addresses helping someone caught in sin, but bearing one another's burdens also includes grief, illness, and practical needs. We are called to restore with gentleness and attention.

Carry the Cross
Simon carried what Jesus could no longer physically carry, while Jesus carried the sin Simon could never spiritually carry. Burden-bearing follows the crucified Lord and will usually cost time, comfort, money, or emotional energy.

Carry Without Becoming the Savior
Verse 5 says each person carries their own load. Community shares crushing burdens without removing responsibility, enabling harm, or replacing professional help. No one should be expected to carry another person's burdens alone. Some situations require support from the whole church community or care from qualified professionals.

Doctrine: What We Believe
Christ alone bears sin and saves. His people share suffering as members of one body (1 Corinthians 12:26). Burden-bearing fulfills the law of Christ—His command to love as He loved us—without confusing our role with His.

Supplemental Passages: Psalm 55:22 • Matthew 11:28–30 • Romans 12:15 • 1 Corinthians 12:24–27 • 2 Corinthians 1:3–7

KNOW QUESTIONS

1. What instructions and warnings accompany the command to carry one another's burdens in Galatians 6:1–5?

2. What different kinds of weight are carried in Luke 23:26–27?

3. How do Galatians 6:2 and 6:5 belong together?

FOLLOW: PRACTICE THE WAY OF JESUS

Move from what the text means to what faithful obedience looks like in your actual relationships. Choose at least two questions to answer fully before the group meets.

1. What burden are you carrying that has become too heavy to carry alone?

2. Who in your life is carrying a heavy burden, whether emotional, physical, financial, spiritual, or circumstantial?

3. What can you realistically do to help someone with the capacity and resources you currently have?

4. When might helping someone require the support of others, such as an elder, counselor, doctor, or community resource?

FOLLOW: PRACTICE THE WAY OF JESUS

This Week's Practice
Identify one burden you are carrying and consider sharing it with someone in your group whom you trust. Allow them to pray for you or offer practical support. Then choose one concrete way to lighten another person's load—a meal, ride, childcare, prayer, presence, practical task, or connection to appropriate care.

My specific person, action, and time:

REFLECT: ATTEND TO THE HEART

Take time to examine your heart in light of what you've learned. Consider what the Holy Spirit is revealing about your attitudes, fears, and relationships as He forms you to reflect Christ.

1. Why is asking for help difficult for you?

2. How willing are you to help someone when their struggles require more of your time and care?

3. How can you enter someone's grief without rushing to fix it?

RESPOND AND PRAY

Jesus, teach us to share weight with wisdom, humility, endurance, and hope.

One truth I want to remember:

One step I will practice:

People and needs we will pray for: