

^Better Together^

Bear One Another's Burdens

Galatians 6:1-5 - *“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load.”*

In **Galatians 5:15**, Paul warns Christians not to be in conflict with each other: *“But if you bite and devour one another, watch out that you are not consumed by one another.”*

Galatians 5:26 indicates if we want the body of Cavanaugh to be edified, we must avoid blasting away at other believers: *“Let us not become conceited, provoking one another, envying one another.”*

Undergirding all the “one another” statements is the exhortation to love one another.

Our main idea today is this: **We show we care when we bear one another’s burdens.**

1. Restore The Broken

Galatians 6:1 – *“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted.”*

Born again believers are part of the same family, brothers and sisters with one another.

The word “**caught**” was used to describe a bird or an animal which had become entangled in a trap.

The word “**transgression**” carries the idea of stumbling or sliding off a slick path, leaving the person stuck in a ditch.

The best-equipped person to help a fallen follower is one who is “spiritual.”

Spiritual people are ordinary people relying on an extraordinary God.

The word “restore” means to make something right by bringing it back to its former condition.

2. Relieve the Burdened

Galatians 6:2 – *“Bear one another’s burdens, and so fulfill the love of Christ.”*

The word “bear” means, “to take up and hold; to remove or lift an overwhelming load.”

A “burden” is a “heavy weight or freight,” like a huge boulder weighing someone down as they stagger along the highway of life.

Fallen followers need the help of faithful followers.

3. Repent of Bragging

Galatians 6:3-4 – *“If anyone thinks he is something when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor.”*

Proverbs 26:12 – *“Do you see a man who is wise in his own eyes? There is more hope for a fool than for him.”*

1 Corinthians 10:12 – *“Therefore let anyone who thinks that he stands take heed lest he fall.”*

If you think you’re something special, then you’ll find it easy to condemn. But if you know you’re nothing apart from God’s amazing grace, then you’ll be quick to help the hurting.

4. Respect Your Boundaries

Galatians 6:5 – *“For each will have to bear his own load.”*

The word “load” describes a soldier’s backpack.

We’re to help bear what is too heavy for another human to handle alone, but we cannot carry someone else’s responsibility.

Actions Steps

- **Restore the broken.** Who do you know who is broken today?
- **Relieve the burdened.** What one thing can you do to relieve their burden?
- **Repent of bragging.** How is God humbling you right now?
- **Respect your boundaries.** Where do you need to build up your boundaries?

Matthew 11:28-30 - *“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”*

Discussion Questions

1. How is self-centeredness the enemy of all the “one another” statements?
2. Why is it important to view other Christians as family?
3. How does a believer get caught in sin and become trapped by it like an animal in a trap?
4. How can we help them to get out of the trap of sin? What do we have to be careful of in the process?
5. What does it mean to be “spiritual?” Do you consider yourself to be “spiritual” or not? Why?
6. Why is the church body obligated to reach out and help battered believers?
7. What does the process of restoration require?
8. Read Galatians 6:1, James 3:2, 1 John 1:8, and 1 Corinthians 10:12. Why is there a warning to “keep watch on yourself, lest you too be tempted?”
9. What type of burdens are we supposed to help lift?
10. Share about a time when you helped to lift someone else’s burden. How did you feel during the process?
11. Have you ever found yourself in the position of having to decide whether to help someone out who didn’t like you? What thoughts went through your mind? Why did you decide to help or not help that person?
12. Can you share an example of a time when God convicted you of pride?
13. Do you find it easy to condemn others, or do you find it easier to help the hurting? Why do you think you find it easier to do the one you do?
14. What is the difference between helping with a burden and someone carrying their own responsibilities?
15. What would your response be to a person who fell into a pit? What do you want when you are the person inside the pit? Can you give that to another person?