



## **Bearing One Another's Burdens**

Galatians 5:26-6:5

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### **Galatians 5:26-6:1-5**

We must not become conceited, provoking one another, envying one another. Brothers and sisters, if someone is caught in any wrongdoing, you who are spiritual should restore such a person with a gentle spirit, watching out for yourselves so you also won't be tempted. Carry one another's burdens; in this way you will fulfill the law of Christ. For if anyone considers himself to be something when he is nothing, he deceives himself. But each person should examine his own work, and then he will have a reason for boasting in himself alone, and not

in respect to someone else. For each person will have to carry his own load.

“What clear social change marks out our time from those that precede it? To me it’s obvious. This is the Age of Loneliness...The ‘silver tsunami’ of aging Baby Boomers, coupled with technology designed to connect people but that many argue is disconnecting folks, are two reasons why experts have recently started using the word ‘epidemic’ when referring to loneliness or social isolation. More than 42 million adults over the age of 45 are estimated to be suffering from chronic loneliness (according to a 2010 loneliness study by AARP)...Loneliness [has been shown to] have similar health ramifications as smoking 15 cigarettes a day.”

- *The Guardian*; MPR News

One of the primary ways we build authentic community is by bearing one another’s burdens.

### **Galatians 6:2**

Carry one another’s burdens; in this way you will fulfill the law of Christ.

Jesus is birthed in our lives when we share one another’s burdens.



Load = backpack of responsibilities

Burden = sofa on your back

Burden:

- A heaviness or a weight, that weighs down our soul and makes us weary - fragments our mind, making it hard to think clearly or to focus.

### **Galatians 6:1 (with original definitions)**

Brethren, if a man be overtaken [caught off guard] in a fault [a falling down, as if in a mud hole], you who are spiritual [filled with the Holy Spirit, thus mature], restore [to set a broken bone] such as one in the spirit of meekness [gentleness, lowliness, not a “better-than-thou” attitude]; considering [looking carefully, as if through a scope] thyself, lest thou also be tempted.

If you were to confess a burden to someone today, what would it be?

### **Galatians 5:26**

We must not become conceited, provoking one another, envying one another.

### **Galatians 6:3**

For if anyone considers himself to be something when he is nothing, he deceives himself.

“I was speechless. The stick-man looked at me as if to say, ‘What will you choose to do now?’ There is a tensile surface on water that’s always fascinated me. I’ve ruminated before about that infinitesimally thin layer of resistance when preparing for baptisms. Is the water giving the candidate one last chance to go back, a last-minute opportunity to pull away and say no to the intense yet life-giving drowning that lies ahead? Or is it a reminder that there really is a separation between this fallen world and the next? As I pushed against my revulsion and plunged the sponge beneath the water, I thought of it again but refused its invitation to hold back. I’d passed through a border into the depths and found I could still breathe there. My terror and embarrassment was replaced by peace, edging toward sublime joy.”

- *Chasing Frances*

## **Galatians 6:2**

Carry one another's burdens; in this way you will fulfill the law of Christ.

## **The Law of Christ (Luke 10:27)**

He answered, "Love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind; and your neighbor as yourself."

## **Burdens Ruth bears for Naomi:**

- Loneliness
- Spiritual poverty & anger towards God
- Bitterness & selfishness
- Financial poverty

## **Isaiah 53:4-6**

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all.

## **Matthew 11:28-30**

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

A Question For Meditation:

- Is there a burden I need to courageously share today?
- Does someone else have a burden I can courageously bear today?