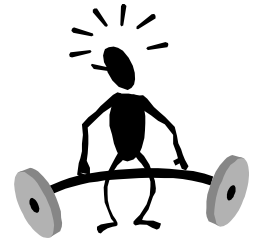


Helping: carry burdens

study #7



Body Language: How God's People Should Treat One Another

*“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. ² **Carry each other's burdens**, and in this way you will fulfill the law of Christ. ³ If anyone thinks he is something when he is nothing, he deceives himself. ⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should carry his own load. “*

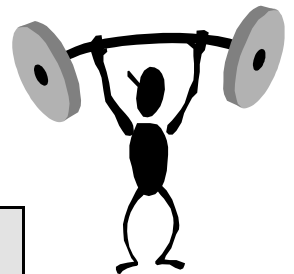
Galatians 6:1-5

Baby-boomers (those born in the late forties & fifties) can remember “the Hollies” singing a song entitled “He ain’t heavy, he’s my brother”. It’s a nice sentiment, but how often do we actually “carry” someone?

The Greek word for “burden” in verse 2 is “baros”, which means an extraordinarily heavy weight, an unusually severe burden. In contrast, the Greek word for “load” in verse 5 is “phortion”, which means a daily pack, a normal ship’s cargo. The idea is that every person has to be responsible for his or her own life, the daily struggles and problems that are common to each human being living in this fallen world. (John Stott said, “On the day of judgment you cannot carry my pack and I cannot carry yours.”) However, there are times when each of us has too much to bear all alone. It is at those times when we as brothers and sisters are to come alongside and help shoulder some of that weight.

When do we especially need help?

Fill out the chart below, remembering people who came alongside you in tough times...



stress	in my life	who helped?
<i>times of grief</i>		
<i>major decisions</i>		
<i>financial crises</i>		
<i>failures</i>		

“Christians
 need to
 have strong
 shoulders
 and heavy
 bones.”

 Martin
 Luther

How did someone carry someone else's burden in each of the following Biblical situations?

📖 *Exodus 18:7-27*

📖 *1 Samuel 20:41-42; 23:15-18*

📖 *Ruth 1:8-18*

📖 *Isaiah 53:4-6*

📖 *Acts 2:42-47*

📖 *2 Corinthians 7:5-6*

“So do not fear,
for I am with you;
do not be dismayed,
for I am your God.
I will strengthen you
and help you;
I will uphold
you with my
righteous
right hand.”

Isaiah 41:10

How do we carry one another's burdens?

In what kind of a situation would it be wise to...

- be gentle, not judging...?
- be assertive, exerting leadership...?
- just show up and be there...?
- respect boundaries...?

📖 Read the following verses; what light do they shed on this study?

Psalm 28:9

Isaiah 46:4

- ◆ How would you respond to someone who says, “*The Lord will take care of me if I just depend on Him alone. I don't need to share my life or my struggles with other people.*”
- ◆ *On a scale from 1 - 10, how likely are you to ask for help in a difficult situation?*
- ◆ *What is your “style” of helping others? What kind of help do you feel most comfortable offering to others? (Examples: paying for things, fixing things, listening, spending time with someone, organizing several people to help, etc.)*