

Are You a Burden-Bearer?

Scripture: Galatians 6:1-5
(07-26-26 Pastor Tony Hao)

To be an obedient Christian, operating under the control of the Spirit, we must help others carry their heavy burden (6:1). That is what it means to love. Be alert to the condition of others and devote yourself to coming alongside them. Be alert and quick to act to ease his or her burden. That is the Holy Spirit's fruit-bearing work. In our flesh, we are concerned with our burdens. The Spirit produces love for others.

Paul assumes believers will have burdens (6:2-4). They are unavoidable. They may come in the form of mental illness, physical illness, financial crisis, demonic oppression, addiction, or family crises. But one thing is for sure: no one will escape feeling the weight of such problems. Do you know any Christian brother or sister weighed down by some burden?

In 6:2, Paul uses a term meaning a "weight or heavy load". This refers to an overwhelming, crushing weight. It is a boulder that falls on a person's life—a catastrophic illness, sudden economic collapse, or deep depression. In 6:5, he refers to a "man's pack". This refers to a standard-issue pack carried by an ancient soldier. It represents your daily duties, responsibility, and individual choices. Some things in life are so heavy we cannot bear them alone. We need help. Other matters in life are the equivalent of what you might carry in a backpack. We need to take personal responsibility.

GROWING DEEPER (Reflection & Application)

1. Have you ever needed to restore a brother gently? If so, what was that like? Do you need to do so now? How should you go about it?
2. How is confronting the sin of other believers different from Jesus' command, "Do not judge" (Matt 7:1)?
3. What is the difference between "burdens" and "loads" (6:2,5)?
4. What are some examples of how one might "carry one another's burdens"? What might hinder this from happening?