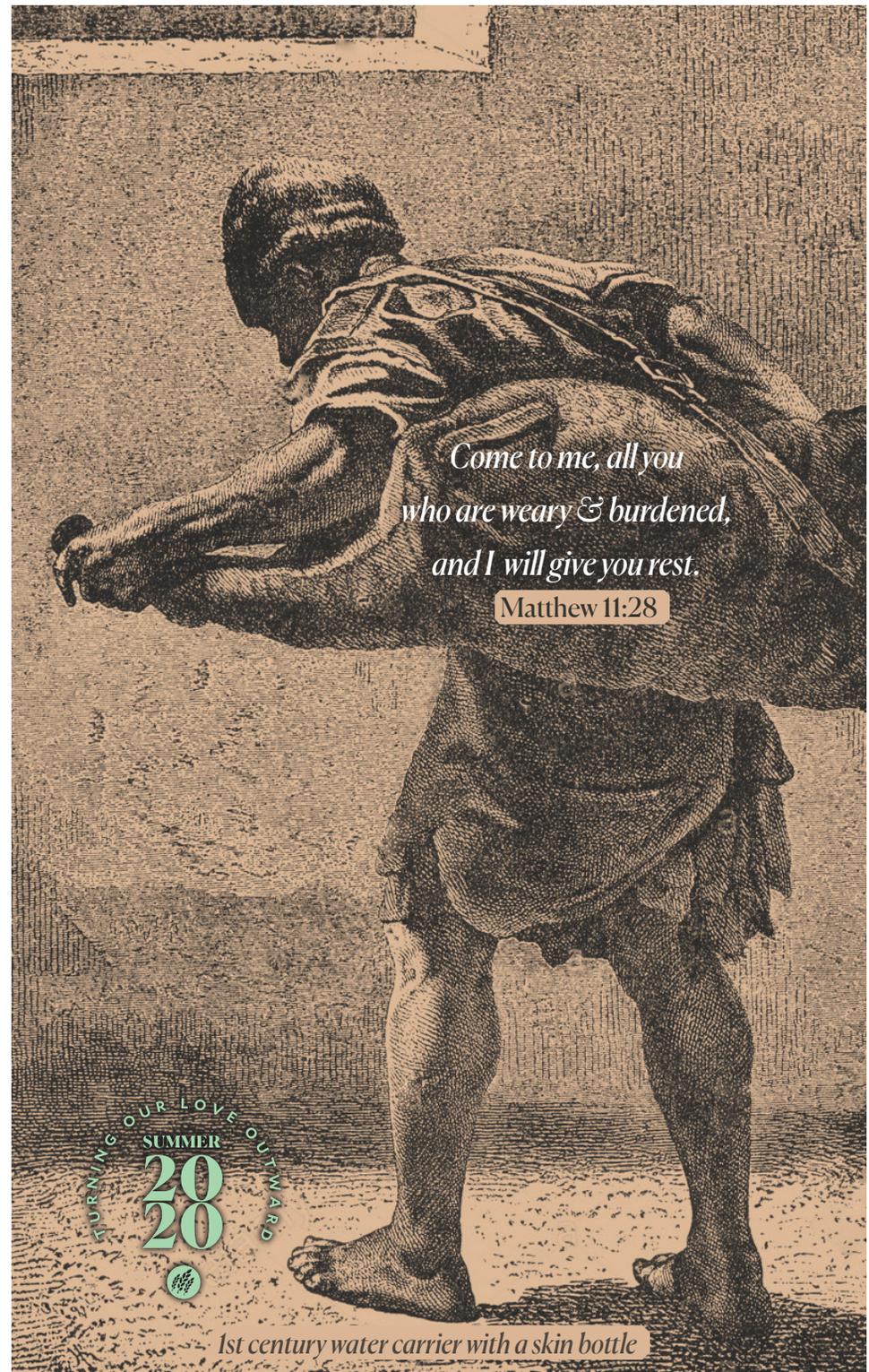


# Better Together

*EXPLORING REAL WAYS  
TO LIVE IN AUTHENTIC COMMUNITY*

STUDY GUIDE





## CARRY BURDENS FOR ONE ANOTHER // *Galatians 6:2*

### WHAT DOES IT MEAN?

Script The Greek for “carry” literally means to shoulder a heavy burden with the idea that the object to be carried is heavy and bulky. The Greek word for “burden” can be translated as fault, infirmity, weakness, ignorance, pressure, tension, or grief. So, this verse could be translated “the burdens (griefs, weaknesses, faults, tensions, etc.) of each other, keep bearing.”

The community is called to carry those burdens that would be too heavy for any one person to carry alone. Here a burden is like a heavy boulder, in contrast to the “load” or backpack-like weight every person is to carry on their own. Thus, Paul speaks to both communal and personal responsibility.

There are at least two types of burdens we are to carry for one another:

- The burden of sin, when a believer is at fault and needs restoration
- The burden of circumstances, when life’s events overwhelm

We who follow Christ must come alongside people filled with grief or other emotional, physical, and spiritual burdens, helping them to hear and respond to Jesus, who says, “come to me all you who are weary and burdened and I will give you rest” (Matthew 11:28).

### PRAY:

Ask God to reveal something meaningful through this time of reflection.

### READ:

Offer your full care and attention to reading the provided scripture passages.

### DISCOVER:

*Galatians 5:22-6:2* By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another. My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Carry each other’s burdens, and in this way you will fulfill the law of Christ.

*Ephesians 4:29-5:2* Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

## DISCOVER, CONTINUED:

- 1) How does carrying one another's burdens relate to what Jesus has done for us?
- 2) How does carrying my own load and taking up my cross relate to bearing one another's burdens?
- 3) What is the relationship between personal initiative and community responsibility?
- 4) What do these verses say about personal and community relationships with God? And with one another?
- 5) What might we do to help each other carry each other's burdens so we can all keep in step with the Spirit?

