

## Good News of Grace - Galatians

### Week 12: Bear One Another's Burdens

Scripture: Galatians 6:1-5

#### Summary of the Message

- In Galatians 5, we saw the importance of being in step with the Spirit, yet there are times when we take a false step. This is the literal translation of Galatians 6:1 where it says, "if someone is caught in a sin". You who live by the Spirit should restore the one who has taken a false step, but we must be careful in doing so.
- Restoration is always desirable, but not always achievable when we want it. There are three important essential steps required for restoration. The first is acknowledgement. If a person does not acknowledge an issue, then they won't see the need to address it. The second is confession. It is necessary to confess the issue to God and ask for forgiveness. The third step is repentance, which is more than prayer. Repentance involves making real decisions and real commitments to those decisions to make real changes in your life.
- As the person walking alongside the person being restored, be careful of being tempted. As you are exposed to some sins, you might be tempted to succumb to the same sin. Or you may develop pride as you consider yourself above the one who had succumbed to sin. Or perhaps you don't want to risk offending that person, or damaging your relationship with them, and in doing so, you tolerate their bad behaviour, and by doing so, you are choosing not to help them on a journey of restoration. However, you need to know when and how to restore them. Your timing and strategy must be in step with the Spirit. The right word at the right time will bring the right outcome, but the right word at the wrong time becomes the wrong word and may set your relationship back further. So be prayerful and intentional in seeking to restore that person.
- We are called to carry each other's burdens, be they physical, emotional or spiritual. In doing so, we fulfil the law of Christ. The law of Moses with its 613 rules, rituals and regulations is contrasted to the law of Christ which is grounded in love (to love God, our neighbour and one another) and we are called to carry each other's burdens in love.
- As followers of Jesus we should test our actions to see if we are growing in Christlikeness. One way of doing this is to see how you responded previously to a situation of conflict, pressure or temptation compared to a more recent situation. Have you grown in the fruit of the Spirit? Our actions or behaviours flow from our beliefs. As we grow in our beliefs about who we are as children of God, our behaviours will become more godly.
- We are also called to carry our own load. Our load refers to what the Lord has given us to steward, including our spiritual gifts and responsibilities. As you carry your load well, the Lord will entrust you with more. As growing believers, we are responsible for how we live and grow, for what we do and who we are becoming, for how we carry our load and how we help others carry their burden. Yet, ultimately our accountability is before God for how we grow and conduct ourselves (Romans 14:12).

## Some Questions to Consider

1. Has there been a time when you have been hurt, lost or in need of rescue? What were the circumstances and who helped you?
2. Restoration involves three initial stages, acknowledgement of the issue, confession of the issue and repentance. Consider a situation in your life or someone you know and discuss how one or more of these stages played an essential part in the path towards restoration.
3. Is there someone who you are being called to walk alongside, to restore, to help carry their burden? How will you be careful not to be tempted in that process?
4. Think back to a time when you were in a situation of conflict, pressure or temptation and consider how you responded. Think back to a more recent time and “test your actions”. Are you growing in the fruit of the Spirit and other ways?
5. God has given you a unique set of spiritual gifts, abilities and experiences. He has also given you unique responsibilities right where you are. Discuss how are you going with carrying that load? Do you look forward to God trusting you with more?

Pray – Give thanks for people who have walked with you at times when you needed help.

Pray asking God to show you who you are to walk with in a journey of restoration and ask for the leading of the Holy Spirit so that you are in step with the Spirit during that journey.

Continuing from Study 2, if you are in a Life Group, consider asking each person to prepare a testimony (up to 5 minutes) using the simple format of where you can see your previous way of life, your encounter with Jesus, and then the impact of Jesus on your life.

Each week make space for a different person to share their testimony.

You may like to share a testimony of how God brought restoration into your life or how you were able to walk with someone else through a journey of being restored.