

July 10, 2026

Carry Each Other's Burdens

July Series: Stronger Together

Week Focus: Better Together

Scripture – Galatians 6:2 - *"Carry each other's burdens, and in this way you will fulfill the law of Christ."*

Devotional Reflection

One of the greatest gifts of godly relationships is knowing that we do not have to carry every burden alone. Life brings seasons of difficulty, disappointment, uncertainty, and exhaustion. There are moments when even the strongest people become weary and need someone to walk alongside them. Galatians 6:2 reminds believers that part of following Christ is carrying each other's burdens. God designed relationships to be places where love, support, and compassion are experienced.

Carrying someone's burden does not always mean fixing their situation. Sometimes the greatest gift we can offer is our presence. It may look like listening without judgment, praying with someone who feels discouraged, offering encouragement during a difficult season, or simply reminding someone that they are not alone. Many times, God reveals His care for people through the compassion and support of others.

However, carrying burdens requires both humility and vulnerability. It requires humility to help others without pride, and it requires vulnerability to allow others to help us. Many people are willing to support others but struggle to receive support themselves. They may feel pressure to always appear strong or have everything together. Yet authentic community allows us to be honest about our struggles and receive the encouragement God provides through others.

Jesus modeled this kind of love throughout His ministry. He noticed people who were hurting, moved toward those who were struggling, and showed compassion to those carrying heavy burdens. He did not treat people's pain as an inconvenience. Instead, He entered into their situations with love and grace. When we help carry the burdens of others, we reflect the heart of Christ and demonstrate the love He has shown us.

Today, ask God to make you aware of the people around you. Someone may need encouragement, prayer, kindness, or simply someone willing to listen. At the same time, allow yourself to receive the support God provides through others. Strong relationships are built when people are willing to walk together through both victories and challenges. We are stronger together because God often uses people to help carry what was never meant to be carried alone.

Focus for Today

God uses relationships to provide strength, support, and encouragement.

Practice

- Reach out to someone who may need encouragement today.
 - Pray specifically for someone who is carrying a difficult burden.
 - Allow yourself to share honestly with someone you trust.
 - Look for a practical way to show Christlike support to another person.
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Prayer

Father, thank You for placing people in my life so that I do not have to walk alone. Give me a heart that notices when others are hurting and the compassion to support them. Help me carry burdens with love, humility, and grace. Teach me also to receive help when I need it. May my relationships reflect the care and compassion of Jesus Christ. In His name, Amen.

Reflection Question

Who around you may be carrying a burden that God is calling you to help lighten, and where do you need to allow others to support you?