

September 18, 2026

## You Don't Have To Fix It

**September Series: We Are The Church**

**Week Focus: Help Carry the Load**

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

---

## Devotional Reflection

When someone we care about is struggling, our natural response may be to try to make everything better. We search for answers, offer solutions, give advice, and sometimes take responsibility for outcomes that were never ours to control. But Galatians 6:2 does not tell us to **fix** each other’s burdens. It tells us to **carry** them. There is an important difference. Carrying means coming alongside someone with compassion and support. Fixing can tempt us to assume responsibility for something that ultimately belongs to God or to the other person. **You do not have to solve someone’s problem in order to love them well.**

Sometimes carrying means listening without lecturing. Sometimes it means praying when someone cannot find the words to pray. Sometimes it means offering practical assistance, speaking truth with grace, or continuing to check in after the initial crisis has passed. And sometimes it simply means saying, **“I’m here, and you don’t have to walk through this by yourself.”** We may not be able to change the situation, but God can still use our presence to make the burden feel less lonely. **God may not be asking you to solve their problem; He may simply be asking you not to let them carry it alone.**

Healthy burden-bearing also requires wisdom. Just a few verses after telling believers to carry one another’s burdens, Paul reminds them in Galatians 6:5 that each person also has a load to carry. Christian community therefore holds two truths together: **personal responsibility and mutual support.** Helping someone does not mean taking control of their decisions, continually rescuing them from consequences, or assuming responsibilities God has given them. We can walk beside people without trying to walk for them. **I am responsible—but I am not isolated. I can support without controlling. I can help without rescuing.**

There is freedom in recognizing our limits because those limits remind us that **Jesus is the Savior and we are not.** You cannot heal everybody, answer every question, meet every need, or guarantee every outcome—and God has not asked you to. Your responsibility is to faithfully love the people He places within your reach while trusting Him with what remains beyond your ability. You can take one side of a burden without trying to carry someone's entire life. Today, release the pressure to fix everything and ask instead, **“Lord, what does faithful love look like in this situation?”**

## Focus for Today

God may not be asking you to solve their problem; He may simply be asking you not to let them carry it alone.

## Practice

- Before offering advice, ask whether the person needs **listening, prayer, encouragement, or practical help**.
  - Identify something you have been trying to fix that you need to entrust to God.
  - Support someone today without taking responsibility for decisions that belong to them.
  - Practice saying, “**I may not have the answer, but I’m willing to walk with you.**”
  - Ask God for wisdom to recognize the difference between **helping, controlling, and rescuing**.
- 

## Prayer

Lord Jesus, thank You for reminding me that I do not have to carry responsibilities You never gave me. Teach me to love people deeply without believing that everything depends on me. Give me wisdom to know when to listen, when to speak, when to help, when to establish a healthy boundary, and when to place what I cannot change completely into Your hands.

Help me support others without controlling them and serve without trying to rescue them. When I feel pressure to have every answer, remind me that You are the Savior and I am not. Use me faithfully in the places where You call me to help, and give me enough trust to leave the outcome with You. Let my care point people toward Your strength, Your grace, and Your sustaining presence. In Jesus’ name, Amen.

---

## Reflection Question

Is there someone I am trying to fix rather than faithfully support, and what would healthy, Christ-centered care look like instead?