



## Carrying One Another's Burdens

April 19, 2026

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*Galatians 6:1-5*

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### **Main Point**

Christ calls believers to care for one another through humility, restoration, and shared burdens.

### **Part 1: Master Teacher (10 Minutes)**

#### **Introduction**

**Who has helped you through a difficult spiritual season, and how did that relationship strengthen you?**

God uses relationships to restore, support, and disciple His people.

#### **Biblical Teaching**

1. Restore with Gentleness (v. 1)
  - Restoration requires humility.
  - Gentleness reflects Christ's character.
  - Discipleship includes helping others grow.
2. Carry One Another's Burdens (v. 2)
  - Believers are not meant to struggle alone.
  - Supporting others reflects Christ's love.
  - Relationships strengthen perseverance.
3. Walk in Personal Responsibility (v. 3-5)
  - Humility prevents pride.
  - Spiritual growth requires personal obedience.
  - Healthy relationships promote accountability.

#### **Takeaway**

Christlike relationships restore, strengthen, and help believers grow in faith.

### **Part 2: Group Discussion (25 minutes)**

## **Facilitator Guidance**

- Encourage transparency and focus on restoration through loving relationships.

## **Discussion Questions**

### 1. Restoring One Another in Love

- Why is gentleness important when helping someone spiritually?
- What makes restoration difficult?
- How can restoration strengthen relationships?

### 2. Supporting One Another Through Burdens

- Why do you hesitate to share burdens?
- How can relationships help carry spiritual burdens?
- Who needs your support right now?

### 3. Growing Through Accountability

- Why is accountability important for spiritual growth?
- How can accountability strengthen discipleship relationships?
- Who helps you stay spiritually accountable?

### 4. Reflecting Christ Through Care

- How does caring for others reflect Christ?
- How can supportive relationships impact unbelievers?
- How can your care help others grow toward Christ?

## **Next Steps & Call to Action (5 minutes)**

### **Facilitator Closing Thought:**

God uses caring relationships to restore people and help them grow toward maturity in Christ.

### **Action Step:**

Reach out to someone who may need encouragement or support this week.

### **Prayer Focus:**

- Pray for humility.
- Pray for restoration.
- Pray for strong spiritual relationships.