

CARRY EACH OTHER'S BURDENS

One Another Series | Galatians 6:1–10

BIG IDEA: Because Christ has carried our burdens and extended grace to us, we can carry one another's burdens with humility and compassion—sowing seeds of healing rather than passing on our hurt.

OPENING QUESTION | Mantario Trail story

1. The Mantario Trail story reminds us that a pack can become too heavy to carry alone. What are some burdens people may carry that others don't easily see? Feel free to make it personal.

PERSONAL REFLECTION | "Hurt people hurt people"

2. The sermon included the advice: "Don't pass on your hurt." How can our own pain influence the way we treat others? How have you experienced this?
3. What helps you respond differently when you feel hurt, frustrated, or misunderstood?

BIBLICAL REFLECTION | Read Galatians 6:1–5, 7–10

4. Paul says to restore someone caught in sin gently (vs. 1). What is the difference between gentle restoration and judgment or simply excusing harmful behaviour?
5. How can we carry another person's burden while still allowing them to carry their own load or responsibilities (vs. 2, 5)?
6. What does Paul's picture of sowing and reaping (vs. 7–10) teach us about the long-term impact of our words and actions?

HONEST DISCUSSION

7. Think of a time someone responded to your struggle with compassion—or with judgment. What difference did their response make?
8. The sermon says, "What happened to me does not have to determine what happens through me." Where might this truth challenge us as individuals or as a church?
9. What can make it difficult for a church to become a place where people don't have to pretend they're okay?

PRACTICAL RESPONSE

10. Carrying a burden might mean listening without judgment, offering practical help, praying, encouraging, or gently speaking truth. Which of these might someone around you need this week?
11. Quiet reflection: What burden do I need to bring to Jesus? Whose burden might God be inviting me to help carry?

ONE BIG QUESTION

12. When I encounter someone else's burden, will I add to its weight, or will I help carry it?

CLOSING PRAYER: Give thanks for the ways you have experienced the grace of God and for the burden of sin Christ has carried for you. Ask God to help you receive His grace, respond with gentleness, and become someone who helps others carry what is too heavy to bear alone.