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## QUESTIONS FOR SMALL GROUPS

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### Managing Life's Burdens

1. Read Romans 15:1 and 1 Thessalonians 5:14. How can believers obey these verses in reaching out to one another?
  
2. Read the verses below that refer to the "law of Christ." What does it mean to fulfill the law of Christ? Does fulfilling the law of Christ conflict with ministering "grace" to others, or can they work in harmony with one another?  
  

Galatians 5:14	James 1:25
John 13:34-35	Romans 13:8-10
  
3. How can we help others who are struggling with their heavy burden? Who should be the one to initiate this help?
  
4. Each believer has a specific burden to carry (Galatians 6:4-5). How can the church equip them to carry it?

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## MANAGING LIFE'S BURDENS

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*"It's not the load that breaks you down,  
it's the way you carry it!"*

### 1. Burdens that **CRUSH** us:

**Galatians 6:1**—Brethren, if a man is overtaken in any trespass, you who *are* spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

A. Crushing burdens often come as a result of:

- Unbiblical choices
- Unbiblical responses
- Unbiblical solutions
- Unbiblical behavior

B. Believers need to **RESTORE** the crushed person.

### 2. Burdens that we can help others to **MANAGE** .

**Galatians 6:2-3**—Bear one another's burdens, and so fulfill the law of Christ. <sup>3</sup> For if anyone thinks himself to be something, when he is nothing, he deceives himself.

A. Helping others fulfills the law of **CHRIST** .

**John 13:34-35**—A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. <sup>35</sup> By this all will know that you are My disciples, if you have love for one another.

B. Helping others requires **HUMILITY** .

**Philippians 2:8**—And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.

**James 4:10**—Humble yourselves in the sight of the Lord, and He will lift you up.

**1 Peter 5:5**—Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, but gives grace to the humble.”

*Only a fool thinks he knows everything—  
a wise man knows how little he knows.*

### 3. Burdens that we must manage by **OURSELVES**.

**Galatians 6:4-5**—But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. <sup>5</sup> For each one shall bear his own load.

A. The burden of life's **ROUTINES** .

B. The burden of God's **WILL** for our lives.

**Psalms 55:22**—Cast your burden on the LORD, and He shall sustain you; He shall never permit the righteous to be moved.

**Matthew 11:28-30**—Come to Me, all you who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For My yoke is easy and My burden is light.

*“My life should be lived so that it cannot be explained apart from Jesus.”*

#### **Prayer**

*Give me a stout heart to  
bear my own burdens.*

*Give me a willing heart to bear  
the burdens of others.*

*Give me a believing heart to cast  
all burdens upon Thee, O Lord.*

—John Baillie