



spiritual adult

DISCIPLE ME

TRACK 3: DEEPENING RELATIONSHIPS

BEARING EACH OTHERS' BURDENS

ICEBREAKER: THAT SHOULD HAVE BEEN EASIER

Think of a task or situation you assumed would be easy - but ended up being harder than expected. What made it harder, and what would've helped?

- Did you try to do it alone or involve others?
- At what point did you realize you needed help?
- What kept you from asking sooner?

STUDY: PUSHING WEIGHT

As we grow spiritually, the questions we ask begin to change. Early on, faith often sounds like, *"How does this help me?"* - and that's not wrong. But over time, maturity shifts our focus outward. We begin to ask a different question: *"Who is God inviting me to help?"*

Spiritual Adults aren't defined by having lighter lives or fewer struggles. They're defined by a growing willingness to step into the weight others are carrying - with humility, wisdom, and love. They recognize that influence doesn't come from having it all together, but from walking alongside others when life is heavy. The shift - from receiving care to becoming a caring presence - is at the heart of bearing one another's burdens.

READ GALATIANS 6:1-2

- What words or phrases stand out to you in this passage?
- What kind of posture or attitude is required to do this well?
- What warnings does Paul give about the risks involved in helping others?

When Paul calls us to "restore gently," he's reminding us that real influence never comes from a place of superiority. It grows out of humility - recognizing that we, too, are in need of grace. His warning to "watch yourselves" reinforces that burden-bearing isn't something we do *over* people, but *with* them, walking alongside rather than standing above. And when Paul tells us to "carry" one another's burdens, he's calling for the kind of care that requires active, intentional involvement - a willingness to step into the weight someone else is carrying and stay present with them.

ACTIVITY: THE EARLY CHURCH MODEL

The early church didn't just believe the gospel - they **lived it together**. They noticed needs, shared resources, organized care, crossed boundaries, and stepped into hardship. Bearing burdens wasn't an occasional act - it was a defining attribute of their culture. As you read the verses below, underline or write down one word that reflects the weight of what was happening in each passage.

<i>Scripture</i>	<i>Word</i>
<i>Acts 2:44-45</i>	
<i>Acts 11:27-30</i>	
<i>1 Corinthians 12:25-26</i>	
<i>Philippians 4:14-16</i>	
<i>James 2:15-17</i>	

<i>Scripture</i>	<i>Word</i>
<i>Acts 6:1-4</i>	
<i>Romans 12:15-16</i>	
<i>2 Corinthians 8:1-5</i>	
<i>Hebrews 10:24-25</i>	
<i>1 John 3:16-18</i>	

CONSIDER: LOOKING IN THE REVIEW

Before thinking about who you might help carry a burden for next, take a few minutes to look back on your story with honesty and clarity. Hindsight often reveals what we couldn't see in the moment - how God used people, presence, and humility to sustain us when things felt heavy.

- Looking back, who carried a burden for you during a season when you couldn't do it alone?
- In hindsight, what did their presence, patience, or humility communicate to you about God's care?
- What tends to hold you back from stepping into someone else's burden - fear, inconvenience, uncertainty, or a desire to protect yourself?

Jesus didn't influence from a distance or stay insulated from pain. He stepped directly into weakness and suffering with humility, compassion, and love. When you carry someone else's burden, you reflect His heart and become someone God uses to bring strength, hope, and grace where life feels heavy.

CHALLENGE: SHOULDER THE LOAD

This week, identify one person in your life whose burden you've noticed - but haven't stepped into yet. This week, choose to move closer instead of staying on the sidelines. Take **one intentional step** to help carry what they're facing: Offer your presence, not your solutions, ask a thoughtful question instead of giving advice, pray *with* them, not just *for* them, take a practical action that costs you time, comfort, or convenience. It's not about fixing someone - it's about showing up and allowing God to use your humility to help someone in need.