

# Finding Support & Being One

(Galatians 6:1-5)



[A recap of previous sermons in this series:](#)

1. [Reaching for Spiritual Health](#) (Prov. 4:20-23; Eph. 4:20-24)
  - Our spirits-souls need to be healthy in order to live the life that God wants us to live.
2. [Right Motivation](#) (Gen. 2:16-25)
  - To love & to be loved
3. [Required Follow-ship](#) (John 21:22)
  - Life leadership is to follow the leadership of Christ – “You, follow Me.”
4. [What Are You Doing with Your Life?](#) (Acts 13:36; Eph. 1:9-10; Rom. 8:19-23)
  - We serve God’s purpose with our lives by using our God-given platforms to call people back to God.

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[A simple definition of “life leadership”](#)

\*\* Life leadership is leading your life by proactively making wise choices of grace & truth that matter most to God and to you.

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5. [What Do You Care for the Most?](#) (Philippians 3:7-11)
  - Let your biblical core values help you define yourself and live for Christ.
6. [What Do You See in Your Future?](#) (1 Corinthians 9:24-27)
  - Let us hold on to our biblical vision of the future in all life’s circumstances.
7. [Finding Balance](#) (Matt 22:37-39; Mk 6:30-32; Lk 9:10)
  - Bring our lives into balance in order to witness Christ as Lord of our lives.
8. [Setting Boundaries](#) (Lev 11:44-45; 20:26; 1Pe 1:15-16)
  - Be holy because God is holy. Therefore, set boundaries for your life in order to image God to the world.

In order to put all these into practice, we need to have a “support system” which is the local church family, in our case, BayLife Community Church.

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## What does God want us to do to support one another?

There are many Bible passages that speak on loving and caring for one another, but we'll focus on Galatians 6:1-5 for this message.

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## 1. God wants us to help carry one another's burden (6:1-3)

a. **"Wrongdoing" (6:1)** = Transgression (crossed the line), sinning against God

b. **"Burden" (6:2)** = Heavy burden, pressing difficulty.

Hardship that is regarded as particularly burdensome and exhausting. Something pressing on a person physically or emotionally.

(In this passage, "burden" specifically refers to the burden resulted from sinning against God.)

c. **"The law of Christ" (6:2)** = The law of love

- Everything that Christ had taught and instructed
- All summed up as the law of love – love God with all you are & do, and love others as yourself

What Paul highlights here – burden resulted from sinning – is just one example of heavy burden. Life will throw at us other heavy "burdens," such as illnesses, financial problems, parenting, boundary setting, ... etc. God wants Christians to help one another carry these burdens when they become unbearable. Though not every Christian is trained to help every special need, every Christian can still show care, sit with the burdened person, lend a listening ear, and pray together, ...

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### Galatians 6:1-5

<sup>1</sup> Brothers and sisters, if someone is overtaken (by surprise) in any wrongdoing, you who are spiritual, (i.e. all born-again Christians)

- restore (i.e. help him put his life back together) such a person with a gentle spirit (i.e. a gentle & humble spirit in order to care, understand, accept, encourage, guide, ... without judgement, criticism, or looking down on. In another word, being a safe person in order to help.) watching out for yourselves so that you also won't be tempted. (i.e. Helping others is good, but also be aware of your own vulnerability to sin.)

- <sup>2</sup> Carry one another's burdens; in this way you will fulfill the law of Christ.

<sup>3</sup> For if anyone considers himself to be something when he is nothing, he deceives himself. (i.e. 1. don't view yourself so highly that you avoid associating with or helping such a sinner, 2. or don't view yourself so highly that you think you are immune of sinning.)

<sup>4</sup> Let each person examine his own work, and then he can take pride in himself alone, and not compare himself with someone else. <sup>5</sup> For each person will have to carry his own load.

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## 1. God wants us to help carry other's heavy burden (6:1-3)

## 2. God wants us to receive support for our heavy burdens (6:1-3)

The person who is burdened by sin or other life's challenges needs to be willing to receive support ("restoration" in v. 1) from others in order to be helped. He needs to be willing to offload some of his burden for someone to carry it with him, even just in the form of talking about it.

Here are some suggestions ...

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1. God wants us to help carry other's heavy burden (6:1-3)

## 2. God wants us to receive support for our heavy burdens (6:1-3)

### a. Be a part of a support system – your church family

(Stay connected. Your brothers & sisters in Christ are here for you.)

### b. Open up yourself to share about your burden

(Not necessarily announcing it to the whole church, but simply talking to one or two trustworthy friends or your small group would be very helpful.)

### c. Receive support humbly & thankfully from others

(No need to feel embarrassed or inconveniencing anyone about needing and receiving support.)

### d. Acknowledge that this support is ultimately coming from God.

(It's all because of God's grace – recognizing this process as God working in your life.)

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- <sup>2</sup> Carry one another's burdens; in this way you will fulfill the law of Christ.
- <sup>3</sup> For if anyone considers himself to be something when he is nothing, he deceives himself.

<sup>4</sup> Let each person examine his own work, and then he can take pride in (= "in regard of") himself alone, and not compare himself with (= not "in regard of") someone else. <sup>5</sup> For each person will have to carry his own load.

(6:4-5 means, in front of God, each person will be responsible for what he has done for his own life. No one can take credit for what someone else has accomplished in her life. Even if you helped that person carried her burden and restore her life, all you can do is to "take pride" and feel good in regard of your own works in life, and how God has used you. Therefore, be humble as we help others, yet be responsible for our own "load.")

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1. God wants us to help carry other's heavy burden (6:1-3)

2. God wants us to receive support for our heavy burdens (6:1-3)

## 3. God wants us to also carry our personal responsibilities (6:4-5)

a. "Load" (6:5) = A person's own responsibilities, daily duties; can still be relatively heavy. We can compare "burden" & "load" as follows.

"Burden" (6:2) is like a big boulder rock while "load" (6:5) is like a brick.

"Burden" is like a 50-gallon tank with water while "load" is like a 10-gallon.

b. While our Christian friends are helping us carry our heavy burdens, we ourselves ("each person") must still take care of our own responsibilities. e.g. while a couple are being helped by their counselor, they are still responsible to do the steps to work on their marriage.

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2Corinthians 1:3-4

<sup>3</sup> Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort.

<sup>4</sup> He comforts us in all our affliction, so that we may be able to comfort those who are in any kind of affliction, through the comfort we ourselves receive from God.

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Therefore, let us remember, God is the source of all of our support.

Yet, He wants to use us (Christians) to be His feet, His arms,  
His voice, and His heart to support one another.

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## Sharing & Praying Together

1. Have you ever received support for your “heavy burdens”?  
How did that support help you?
2. What will you do to be a support for your friends?

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