

# BEAR ONE ANOTHER BURDEN

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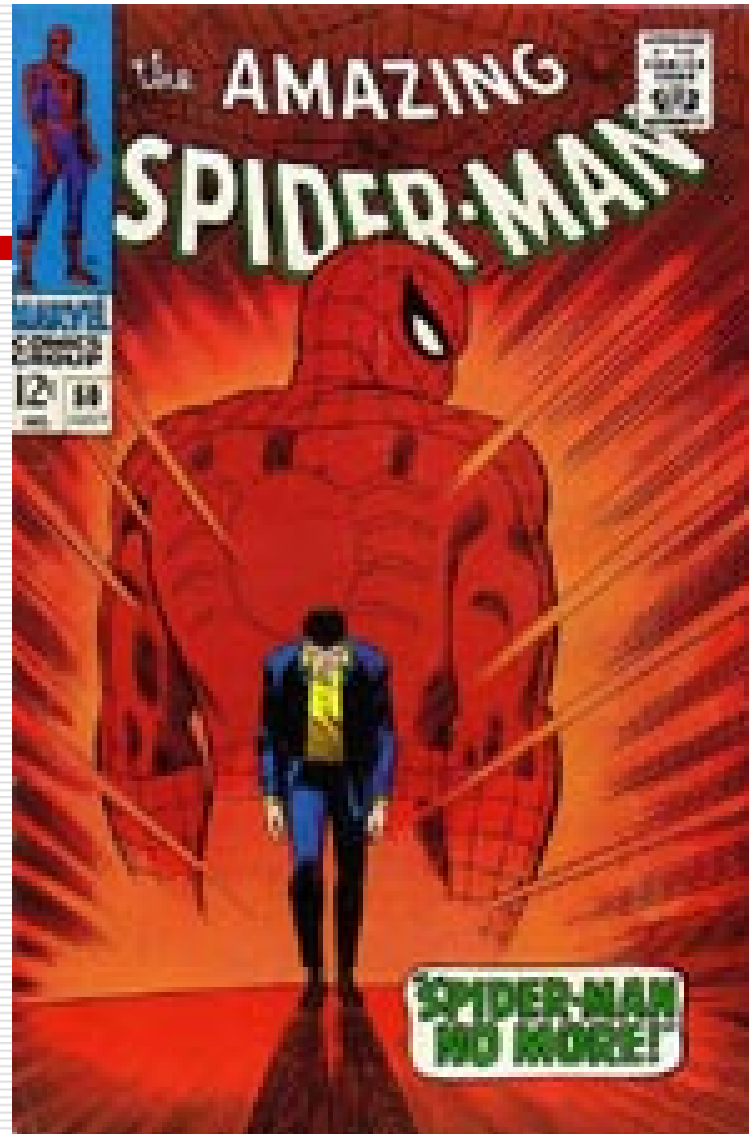
GALATIANS 6:1-5

## Everyone has burdens

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We all know people who are smiling on the outside but inside they are miserable.

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In Galatians 6:1-5,

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□ Paul talks about this matter of bearing burdens.

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He begins by saying

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- If a man be overtaken in any trespass, you who are spiritual, restore such a one . . . .  
(v. 1)
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The word “restore”

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Here is a Greek word used to refer to a bone, which has been reset.

**IT MEANS “TO RETURN TO THE FORMER CONDITION.”**

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## Paul is saying that

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- Every believer has responsibility for his brothers and sisters and
  - the more spiritually mature we are the greater our responsibility.
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# Likewise

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- ❑ When we meet a brother or sister who is emotionally broken or spiritually broken,
  - ❑ It is our responsibility to “restore such a one in a spirit of gentleness” - not to be critical or condemning.
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## Burdens have 3 sources

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- ❑ Some of the burdens we bear are self-inflicted.
  - ❑ Some burdens are Satan-inflicted.
  - ❑ Some burdens are from God.
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# Do you have a burden?

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- You would probably say, "Yes I do."
  - If I ask you, "Do you mind telling me your burden?"
  - You would probably say, "Yes I do mind". I don't want to share my burdens.
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However, please remember:

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- It is God that tell us to bear one another burdens.
  - If we have burdens that means that we have to be willing to open up and share.
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THE LOVE OF CHRIST  
EXPRESSED IN OUR LOVE  
FOR ANOTHER WILL NOT  
FLOW UNTIL WE ARE  
WILLING TO BE OPEN AND  
HONEST ABOUT OUR  
BURDENS.

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What is required in  
bearing  
someone's  
burden?

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# 1. BE AWARE

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- We need to be AWARE that the other person has a burden.



# This is real insensitivity.

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- ❑ I have seen marriages where the wife is hurting and the husband thinks everything is great.
  - ❑ When the lawyer serves him divorce papers, he can't understand what went wrong.
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# Many young people today

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- ❑ would not be involved in drugs, free-sex, and alcohol if their friends had taken the time to say, "Sit down and tell me what's on your heart. Whatever you tell me, I'll love you anyway."
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# How can we claim to be spiritual

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- ❑ When we don't have time for each other?
  - ❑ We need to cultivate **AWARENESS** that produce sensitivity.
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# 2. BE AVAILABLE

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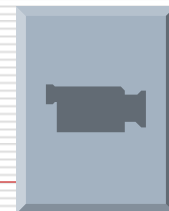


- We must be AVAILABLE to listen attentively.
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# Has it ever dawned on you

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- How many people don't have anybody in the world to share things with? So they keep everything locked inside.
- No matter, one of the growing causes of death among many societies is suicide.



# 3. BE ACCEPTING

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- If we are going to bear another's burdens, we must be willing to ACCEPT that person just the way he is.



## Are you willing . . .

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- To accept their rejection and not take it personally?
  - To accept an angry, hurting person who is going to hurl their animosity toward you?
  - to accept them just the way they are, with all their anger and hurt?
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# 4. BE ALERT

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- If we are going to bear another's burdens, we need to be **ALERT** to the Holy Spirit.
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# We need to rely on His wisdom

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- ❑ To know what to say and when to say it.
  - ❑ To know how to listen and listen some more.
  - ❑ To know whether God wants to break them totally or God wants us to relieve their suffering.
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# Remember these 4 requirements

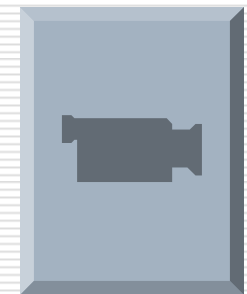
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1. BE AWARE.

2. BE AVAILABLE.

3. BE ACCEPTING.

4. BE ALERT.



Pauls underlines in verse 2

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- "Bear one another's burden and so fulfill the law of Christ"  
(v. 2)
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# What is that law?

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- "For all the law is fulfilled in one word, even in this; you shall love your neighbor as yourself" (Gal 5:14)
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