

# CARRY ONE ANOTHER

## Carry One Another

WEEK 9

### How Did It Go?

Would anyone like to share about how God showed up in the last week?

### Read Aloud

Passage for this week: **Galatians 6:1-10**.

### Head (15–20 minutes)

OBSERVE THE TEXT AND THE AUTHOR'S MAIN POINTS

- What does Paul mean by “bearing one another’s burdens” (v.2), and how does it relate to fulfilling the law of Christ?
- How does the principle of sowing and reaping (v.7-9) apply to both spiritual and practical aspects of life?
- What is the significance of doing good “especially to those who belong to the family of believers” (v.10)?

### Heart (15–20 minutes)

ENVISION HOW THE TEXT—WHEN APPLIED—MIGHT TRANSFORM YOUR INNER LIFE IN TERMS OF YOUR THOUGHTS, ATTITUDES, AND BEHAVIORS

- How do you respond when you see a fellow believer struggling with sin? Do you tend to be judgmental, passive, or restorative?
- In what areas of life do you feel discouraged in doing good? How does this passage encourage perseverance?
- How does understanding the concept of “sowing to please the Spirit” (v.8) reshape your daily decisions?

### Hands (10 minutes)

APPLY THE TEXT BY MOVING FROM INWARD REFLECTION TO OUTWARD ACTION LOOKING FOR WAYS TO LIVE THE TEXT OUT IN OUR LIVES TO SERVE OTHERS

## Reaching Upwards: Growing in Your Relationship with God

- Spend time in prayer, asking God to give you a gentle and restorative spirit toward others.
- Reflect on areas where you may be sowing to the flesh instead of the Spirit and seek God's help to realign your priorities.

## Reaching Outward: Investing in Your Neighbors

- Identify someone in your church or community who is struggling and find a way to support or encourage them this week.
- Look for opportunities to “bear someone’s burden” by offering your time, resources, or a listening ear.