

The background is a painting of a coastal scene. In the foreground, there are dark, craggy rocks with some patches of green and reddish-brown vegetation. The middle ground shows a calm body of water, possibly a bay or a fjord, with a hazy, mountainous coastline in the distance under a pale, overcast sky. The overall tone is somber and atmospheric.

*Who  
Cares?*

# The People Who Care

You can't give what you don't have.

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted.

**Carry** each other's **burdens**, and in this way  
you will fulfill the law of Christ. If anyone  
thinks they are something when they are not,  
they deceive themselves.

Each one should test their own actions. Then  
they can take pride in themselves alone,  
without comparing themselves to someone  
else,

for each one should carry their own load.

Nevertheless, the one who receives  
instruction in the word should share all good  
things with their instructor.

Do not be deceived: God cannot be  
mocked. A man reaps what he sows.

Galatians 6:1-7



**Brothers and sisters,**  
if someone is caught in a sin...

...you who live by the Spirit should  
restore that person gently.

But **watch yourselves,**  
or you also may be tempted.

You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, **serve one another humbly in love.**

For the entire law is fulfilled  
in keeping this one command:  
“**Love your neighbor as yourself.**”

Galatians 5:13-14

If anyone thinks they are something when  
they are not, they deceive themselves

Galatians 6:3

Each one should test their own actions...

Galatians 6:4

We are called to care,  
but we're not called  
to carry everything.



Galatians 6:2 – "Bear one another's burdens

Meaning: A heavy weight, something crushing, too big for one person to carry alone.

Galatians 6:5 – "Each one should carry their own load"

Meaning: A personal pack, like a soldier's backpack—something you are expected to carry as part of your life's responsibilities.

Jesus is our model

John 6, Mark 10, John 11, Matthew 16

Above all else, guard your heart,  
for everything you do flows from it.

Proverbs 4:23

Watch yourself so you  
can walk with others

Do not be deceived: God cannot be  
mocked. A man **reaps what he sows.**

Galatians 6:7

Let us not become conceited, provoking one another, envying one another.

Galatians 5:26

Conceit  
“empty glory”



“Give me an undivided heart,  
that I may fear your name.”

Psalms 86:11

Provoking  
“Agitated Rush”

“We set people up for failure when we encourage them to engage in spiritual practices without also inviting them to address the level of soul they are bringing to the practice.”

- Ruth Haley Barton

Before you ask people to do,  
Ask them to check the who.

Envy  
“Resentful Lack”

“My people have committed two sins: they have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”

Jeremiah 2:13

Grow humility in the soil of identity.

Grow humility in the soil of identity.  
Grow gentleness in the soil of slowness.



Grow humility in the soil of identity.  
Grow gentleness in the soil of slowness.  
Grow compassion in the soil of gratitude.

Have I been showing up in my marriage or friendships trying to fix instead of listening?

Have I been trying to be the Savior in someone's life?

Is my "help" really just my way of staying in control?

Have I been short-tempered  
moving too fast to be gentle?

Am I reacting at work or in conflict  
just to prove I'm right?

Have I been parenting from  
pressure instead of patience?

Have I been secretly resenting someone  
else's success?

Have I looked at someone else's marriage,  
house, or job and felt like I'm falling behind?

Is it hard for me to celebrate someone else's  
win because I feel like I'm losing?

Has my soul been dry—  
and I didn't even realize it until today?

Do I feel numb to people's needs?

Am I trying to care for others  
while spiritually running on fumes?

# Spiritual Soul Check: One Week of Honesty and Healing

1. Start each morning:  
“God, where am I divided?  
Where am I rushing?  
Where am I running on empty?”

2. Confess it—don’t carry it.

God meets us in community.  
And care gets real when  
we walk it out together.

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.

Revelation 3:20