God Family Country

# GUIDED BIBLE STUDY

# Let Others Be There for You

**Speaker: Shane Condon**

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## Highlighted Scripture

- **Galatians 6:2 (ESV)**

  *"Bear one another's burdens, and so fulfill the law of Christ."*

  Paul calls Christians to restore one another gently and to reject pride. Bearing burdens puts Christ's love into practice while leaving room for personal responsibility. Shane applies this mutual care to our willingness to receive it: prayer, patient listening, and practical help can be ways God cares for us through other people. We can help others without pretending we never need help ourselves.

## Discussion Questions

- Why can offering help feel easier than asking for it? Which concern Shane names feels most familiar: bothering someone, feeling like a burden, or admitting a struggle?
- Shane distinguishes knowing someone would help from actually allowing them to. Where do you see that difference in your own relationships?
- How does the phrase 'one another' shape your understanding of your place in a Christian community? What changes when you see yourself as both a giver and a receiver?
- What makes someone a trustworthy person with whom to share a burden? How can you offer that same gentleness and dependability to others?
- How might accepting prayer or a listening ear strengthen your trust in God, even when the difficult situation has not yet changed?

## Reflection Challenge

This week, take one small step toward receiving care. Think of a trusted person who has checked on you or offered help, and consider one honest, specific response you could give.

**Ask yourself:**

- What am I carrying behind the words 'I'm good' or 'I've got it'?
- What do I fear might happen if I tell someone what I need?
- What kind of support would help me take my next faithful step?

**Try this:**

- Contact one trusted person. Name a specific need and ask whether they have time to listen, pray, or help with one practical task.
- Accept one reasonable offer of care with a sincere thank-you. Share at a pace that allows trust to grow.
- Notice how receiving help affects your willingness to listen to others. Offer care without pressuring anyone to share more than they are ready to share.

## Remember

- Christian community makes room for both giving and receiving care.
- Needing help does not mean you have stopped trusting God.
- Humility can sound like an honest request for prayer or support.
- God can care for us through trustworthy people who listen and help.
- Mutual support and personal responsibility can grow together.

## Prayer

Heavenly Father,

Thank You for the people who show us Your care. Help us recognize when fear or pride keeps us from receiving love. Give us wisdom to choose trustworthy people and courage to speak honestly about our needs. Teach us to receive help with gratitude and to offer it with gentleness. As we carry burdens together, deepen our trust in You and help us take the next faithful step, even when answers are still unfolding.

In Jesus' name, Amen.