

What Keeps You From Being A Better You?

Galatians 6

Do you want to be a better you?

Do you want to be more loving, patient, and kinder?

Do you wish you did not lose your temper so much?

Do you want to have more patience with your kids, your spouse, or your co-workers?

What keeps you from being more delightful around others?

What keeps you from being a better you?

Here is the answer: you!

I am not attacking you or judging you, but this is also my problem; I get in the way of my being better.

But here is our problem.

It is called our sinful nature.

This sinful nature makes me feel inadequate.

So not to feel inadequate, I do three things:

**I justify my behavior by thinking I am better than others; I
am constantly criticizing others**

and I am jealous of what others are doing.

What Does The Bible Say?

26 Let us not become conceited, or provoke one another, or be
jealous of one another. (Galatians 5:26 NLT)

**Why is this wrong? Because what it does is drives other
people away.**

7 Don't be misled—you cannot mock the justice of God. You
will always harvest what you plant. (Galatians 6:7 NLT)

You want to grow as a person; an effort goes in before the payoff.

8 Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. (Galatians 6:8 NLT)

You cannot fix this on your own. A self-help issue can't help this problem. You have to let God change you.

We call this the Holy Spirit living in you.

9 So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. 10 Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. (Galatians 6:9–10 NLT)

By serving others, we become better people.

How Can You Obey?

God wants to help make us better, God has the plan, and He starts with our attitude.

Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. (Galatians 6:1 NLT)

We need to love and accept people who have messed up; however, be careful not to fall ourselves.

2 Share each other's burdens, and in this way obey the law of Christ. 3 If you think you are too important to help someone, you are only fooling yourself. You are not that important. (Galatians 6:2–3 NLT)

45 For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.” (Mark 10:45 NLT)

Love is action, which means we are to help others; we must get involved in their lives.

The more we help others, we are not as focused on ourselves.

4 Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. 5 For we are each responsible for our own conduct. (Galatians 6:4–5 NLT)

Do not play the comparison game.

The more we care for people, the more we become like Christ.

14 As for me, may I never boast about anything except the cross of our Lord Jesus Christ. Because of that cross, my interest in this world has been crucified, and the world's interest in me has also died. 15 It doesn't matter whether we have been circumcised or not. What counts is whether we have been transformed into a new creation. (Galatians 6:14–15 NLT)

God wants to change you from the inside out, but He uses other people to help you transform your priorities from your will to God's will.

Additional Notes:

If you would like to use your home to disciple others, check out our training at www.crosswaveschurch.com/host. Cross Waves has produced short videos to train you how to use your home to reach others for Christ. So please check it out.

Additional Notes:

This week's Deep Dive Into The Bible is from Michael S. Heiser, *I Dare You Not to Bore Me with the Bible*, ed. John D. Barry and Rebecca Van Noord (Bellingham, WA: Lexham Press; Bible Study Magazine, 2014), 99–101.

Explore:

Where is Galatia?

Galatia is a Roman province in Asia Minor. The area splits north and south.

Northern Galatia is a mountainous area of Asia Minor, where Celts from Gaul settled in the 3rd century bc. It is called 'Galatia' after the Gauls.

Southern Galatia is a district added by the Romans, including the cities of Antioch (known locally as Pisidia, to distinguish it from Antioch in Syria) and Iconium. These are places Paul and Barnabas visited in ad 47–48, on their first missionary journey (Acts 13 and 14). We don't know if Paul visited the north, nor to which part of Galatia he wrote this letter.

Explore:

1. Love one another John 13:34; 15:12, 17
2. Receive one another Romans 15:7
3. Greet one another Romans 16:16; 1 Peter 5:14
4. Have the same care for one another 1 Corinthians 12:24
5. Submit to one another Ephesians 5:18–21
6. Forbear with one another Ephesians 4:2; Colossians 3:13–14
7. Confess your sins to one another James 5:16
8. Forgive one another Ephesians 4:31; Colossians 3:12
9. Do not judge one another Romans 14:13
10. Do not speak evil of one another James 4:11
11. Do not murmur against one another James 5:9
12. Do not bite and devour one another Galatians 5:15
13. Do not provoke and envy one another Galatians 5:26

14. Do not lie to one another Colossians 3:9
15. Build up one another Romans 14:19
16. Teach one another Colossians 3:16
17. Admonish one another Romans 15:14; Colossians 3:16
18. Speak to one another in psalms Ephesians 5:18–20;
Colossians 3:16
19. Be servants to one another Galatians 5:13
20. Show hospitality to one another 1 Peter 4:7–10
21. Pray for one another James 5:16
22. Use your spiritual gifts for one another 1 Peter 4:7–10

Randall K. Knutson, “Leader’s Study Guide,” in *Jesus Christ, Disciplemaker*, 20th Anniversary Edition. (Grand Rapids, MI: Baker Books, 2004), 242.

Explore:

It was not unusual for Paul to end his letters with a section on practical living. In this final chapter to the Galatians, the apostle felt compelled by the Spirit to address how believers can do what is good and right to all people and help other believers faithfully walk with Christ.

Believers Help One Another Follow Christ (Galatians 6:1-5)

Paul presented a hypothetical situation in verse 1. In this case, it was a believer who was caught in a sin—overtaken by it. The word for sin used here is the word transgression, which at its core speaks of a slip or a lapse. It has also been defined as a false step, a blunder, or even a failure to achieve. Scholars propose that it could have been anything from a relapse back into the Jewish system of religion to any sin that another believer could be overtaken by.

The challenge is issued to those who walk by the Spirit and are mature in the faith. When recognizing a fellow-believer involved in a sin, it was their task to restore that believer. In Greek, this term could be used in relation to the setting of a broken bone or the mending of fishing nets. This responsibility came with two caveats. First, this restoring was to be done with a sense of gentleness, as opposed to the harshness and judgment often portrayed by the Judaizers. Second, this was to be done humbly, understanding the possibility of the helper also being tempted to sin.

Accountability, or confrontation of sin in the church, is never to be about condescending judgment. It should not end in ostracizing. The goal is always reconciliation in an attitude of utter humility.

We do not water anything down, but neither do we rebuke in pride. We too could easily fall into some sin, Paul said. When

we walk in the Spirit, we are able to help each other get back on track.

Another thing we are able to do as we walk in the Spirit is to help each other bear heavy, crushing burdens. We come alongside to help in times of need, showing the love Christ commanded us to practice toward one another (verse 2). We set aside pride and feelings of superiority and humbly serve each other.

We compare ourselves only to Christ and carry out His will for our lives. When we have others to help, and to help us, we tend to avoid thinking more highly of ourselves than we should.

The word bear or carry in verse 2 speaks of bearing what is burdensome and is used as a present active imperative, which is an ongoing command that simply means, “Keep on bearing.”

The idea behind a burden is a load that is too heavy for one to carry alone. When a believer bears another’s burden in this

manner, he is fulfilling the law of Christ (John 13:34; 1 John 4:21; Galatians 5:14).

If one is to live out verse 2, there are some things that have to be laid aside, namely conceit and an attitude of intolerance toward others (verse 3). In fact, pride and arrogance will not only deter an individual from serving others, but it can also damage both the individual and the body when not kept in check. Verse 4 teaches that if believers are to effectively help others through difficult times, they must refrain from comparing themselves with the one struggling. Instead, they should test their lives and work against the measure of Christ and His Word. In other words, when looking at others, the intent should be compassion and not comparison.

At first glance, verse 5 seems to contradict the teaching of verse 2. A further comparison, however, reveals that Paul is encouraging individual accountability with regard to the

Christian life. Each believer needs to do his or her part within the body of Christ.

Verse 2 is about the hardships that other believers experience and the mutual support that should be reflected within the church. Verse 5, however, speaks of the individual load or burden that a believer must carry for him or herself. The word for load referred to a pack that was carried by a marching soldier. It may be heavy and wearisome, but it is the soldier's responsibility to carry it, nonetheless.

Explore:

Many use Matthew 7:1 as a “proof-text” for why a person should never be judgmental in trying to help others deal with their sin.

Missing from most discussions regarding this, however, is verse 5 of the same chapter. There, Jesus referenced the fact that once an individual has removed the log from his or her own eye, he or she is then free and able to help remove the speck from a

brother's eye. It is accountability at its best. This should also be coupled with 1 Thessalonians 5:14, where Paul taught the believers in Thessalonica to do things such as admonish or warn, encourage or comfort, help or support, and be patient with each other.

Explore:

Holding one another accountable is a hotly debated and often questioned topic in the church. Are we really to hold one another accountable for sin? Who can be considered spiritual enough to do so? Several things should be considered. First, a believer is either spiritual and walking in the Spirit, or he is fleshly, living according to the desires of the flesh. Thus any believer who is walking with Christ can be considered spiritual. One must also keep in mind passages such as Romans 15:1 in which Paul said

that the strong or mature should bear the weakness of those who are not as mature. Those who are walking in the Spirit can take it upon themselves to come alongside weaker believers in this way. So how does a spiritual believer help an erring believer? First, he or she deals with his or her own sin. Second, he or she strives to help that fellow believer recognize his or her sin for what it is. Third, he or she should then encourage that believer to confess and turn away from the sin, and then be willing to walk through the process of confession and repentance with him or her. All this is to be done in a spirit of gentleness with a willingness to forgive and restore this believer, knowing that any of us could be tempted to fall into sin at any point.

Explore:

Believers Keep Doing What Is Good and Right to Everyone (Galatians 6:6-10)

In verse 6, Paul moved on to a specific means of doing good, the

task of meeting the needs of Christian teachers. Commentators say it is likely that the Judaizers had influenced these new believers to slack off in their support of Christian teachers. This system of giving was a foreign concept in many ways since the Jews paid taxes for the support of the priests and the Gentiles paid fees to support their religious leaders. Now there were ministers and servants that had dedicated themselves to serving Christ and teaching others the gospel. The Galatian believers were admonished to view these servants as partners and to provide for them and to help meet their needs.

An elaboration of these principles is provided in verses 7 and 8. The principle begins with the fact that God will not be mocked. The Greek word for mocked means “to turn the nose up at.” In relation to their teachers, the Galatians were not to think it did not matter where their loyalty and support was given. The context for sowing was in relation to one’s finances. It is true that what goes around, comes around. God will ultimately give

to each person what he or she deserves. Using agrarian phrasing, we reap what we sow, whether good or bad. And that is why we do what is good to all people, and especially to God's people. God, who is worthy of all glory, is in control. Doing good to others is an act of worship.

When an individual sows, financially and other- wise, to please his fleshly desires, his harvest will be one of corruption.

Corruption refers to rottenness or decay. To the contrary, the one who sows to please the Spirit will reap a good harvest that lasts forever (verse 8).

In verse 9, Paul instructed the Galatians not to grow weary or lose heart as they sought to do the right thing. After all, in due season (harvest time), they would reap the benefits of doing what was good and right. This would only happen, however, if they refused to give up. They were to remember that they were in the sowing stages and not the harvest. Thus, they were to

strive to do good to everyone. The good spoken of here is not that which is morally good, but that which serves as a product of the work of the Holy Spirit in the life of the believer. We watch for any opportunity to do good. While this doing good should extend to all people, it should be especially practiced among fellow believers (verse 10). Those in the faith comprise our spiritual family. It is important for believers to take the opportunity to do good to one another.

Explore:

Common expressions often heard today are, “They will get what they have coming to them” and “Karma will one day settle the score.” But how do concepts such as these line up with the biblical principle of sowing and reaping? Karma is a religious idea found in Buddhist and Hindu religions. At its core, karma

represents the idea that how you live your life now will be reflected in a life to come, namely after reincarnation. In fact, reincarnation is a key component behind the idea of karma. The Bible, while not affirming karma, does speak often about sowing and reaping. Consider passages such as Job 4:8, Psalm 126:5, and 2 Corinthians 9:6. This is a biblical principle established and taught in both the Old and New Testaments. It is clear that we will reap a certain “harvest” or results, based on what we do.

In summary, a couple of things must be noted. First, the Bible rejects the very notion of reincarnation, thus destroying any notion of actual karma taking place. Secondly, there is no spiritual sowing that can result in eternal life. That work was done on the cross by Jesus, and we get the privilege of being the beneficiaries of what He has done on our behalf. Needless to say, the concept of reincarnation and karma is incompatible with what the Bible teaches about life, death, and the sowing and reaping of both good and bad consequences.

Explore:

KEY TRUTHS:

1. Believers Help One Another Follow Christ.
2. Believers Keep Doing What Is Good and Right to Everyone.

BIBLE BASICS: What is justification? Answer: Justification

is the act whereby God declares the sinner forgiven of his sins and in right standing with Him (Romans 5:1). When we place our faith in Christ, His righteous life and death become ours. He paid to God what we owed and could not pay (Romans 3:21-25; 2 Corinthians 5:21).

HOW IT FITS: Where This Lesson Fits in the Story of the

Bible: In this section of his letter to the believers in Galatia, written while on his second or third missionary journey, the

apostle Paul declared that we are made righteous by faith in Christ, not by works of the Law.

Explore:

Our responsibility to hold each other accountable and to bear one another's burdens demonstrates how God established the church to make disciples and transfer the faith. Encourage parents and grandparents to discuss this truth with family members.

Explore:

Christianity is about more than going to church and living a good moral life. Being a Christian is about having a vibrant personal relationship with Jesus Christ. Every Sunday School teacher or Bible study leader should want to see each of his or her learners enter into this relationship—their eternal destiny

depends on it. As you work toward this goal, keep the following in mind:

Following Christ is about more than a mere decision; it is about a lifelong relationship. Jesus called us to make disciples, not mere decision-makers. Aim for long-term faith, not momentary emotion.

Salvation is a matter of grace, not works. Our works do not save us (Ephesians 2:8-9), nor do they keep us (Galatians 3:2-6).

Good works are a product of salvation, not a prerequisite to it.

Don't confuse sanctification with salvation. Holiness follows salvation; it doesn't precede it. Don't try to impose "Christian" expectations on men and women who don't know Christ.

- Keep it simple. Being born again is not complicated. Here's a

simple way to explain it:

- Acknowledge your sinfulness and your need for a Savior (Romans 3:10, 23).

- Trust in Christ's sacrifice for your sins and in His resurrection (Romans 10:9-10).

Surrender your life to God's transforming power (Romans 12:1-2).

Most of all, remember that your job is to tell the truth in a way others can understand, answer their questions, and give them an opportunity to respond. If you do that faithfully, some will respond and join the band of Christ-followers. When they do, Heaven will rejoice!

Question 1 of 5

Do you think that the Ark of the Covenant will ever be found?

Question 2 of 5

Believers should seek to restore other believers who are caught up in sin. What should that look like? How should the sinning believer respond?

Question 3 of 5

What are some of the heavy burdens we should help one another bear?

Question 4 of 5

What does it mean that we reap what we sow?

Question 5 of 5

Give examples of how we can do good to both believers and unbelievers.

