



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **Carried**
Series: **Better Together**
Text: Galatians 6:1-5
Speaker: **Kevin T. Hardy** Date: **September 13, 2026**

Big Idea: In the family of God, you are both a carrier and the carried — and you cannot be one without the other.

The Background:

*“It is for **freedom that Christ has set us free**. Stand firm, then, and do not let yourselves **be burdened** again by a yoke of slavery.” (Gal. 5:1)*

*“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**.” (Gal. 5:13)*

*“Since **we live by the Spirit**, let us keep in **step with the Spirit**.” (Gal. 5:25)*

Galatians 6:1-5 - Paul’s concrete illustration of what it looks like to live as a Christian individual inside a community guided by freedom in the Spirit.

Two themes: _____ Responsibility and _____ Accountability

1. RESTORE _____ (Mutual Accountability)

*“Brothers and sisters, if someone is **caught in a sin**, you **who live by the Spirit** should **restore that person gently**.” (Gal. 6:1a)*

- “_____” — overtaken, blindsided
- “_____” - mend, repair

Gentleness is not the absence of _____. Gentleness is _____ with no interest in winning.

*“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **gentleness** and self-control.” (Gal. 5:22-23)*

2. WATCH _____ (Personal Responsibility)

*“But **watch yourselves**, or you also may **be tempted**.” (Gal. 6:1b)*

- _____ into the same or similar sin
- _____ Righteousness

3. CARRY EACH OTHER’S _____. (Mutual Accountability)

*“**Carry each other’s burdens**, and in this way you will **fulfill the law of Christ**.” (Gal. 6:2)*

BURDENS (BAROS) - _____ weight

- **Four Friends on a Roof - Mark 2**
- *“When Jesus saw their faith, he said to the paralyzed man, ‘Son, your sins are forgiven.’” (Mark 2:5)*

*“For **the entire law is fulfilled** in keeping this one command: ‘Love your neighbor as yourself.’” (Gal. 5:14)*

“We all have burdens, no matter how spiritual — and we all can help carry somebody else’s, no matter how weak.” George Lyons

John Wesley Class meetings every week. The question was not “how was your week” — it was

“How is it with your _____?”

4. CARRY YOUR _____ LOAD. (Personal Responsibility)

*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**. (Ga 6:3–5).*

- v. 2 · BAROS (ta bare) — **the crushing weight. The boulder.**
- v. 5 · PHORTION (to idion phortion) — **The load _____ to you.**

CONCLUSION:

**BEFORE YOU CAN CARRY ANYONE ELSE INCLUDING YOURSELF - YOU NEED
A PERSONAL RELATIONSHIP WITH _____!**