



Small Group Discussion Guide: We Carry Each Other

Series: *What We Carry*

Date: 10/19/2025

Scripture: Galatians 6:1–10 (NRSVUE)

Opening Prayer

God of gentle strength, You carry us when we are weary and place us in communities where love can take on weight. Teach us to bear one another's burdens with humility, wisdom, and joy. Guard us from pride, hurry, and indifference; grow in us a patient love that restores, includes, and perseveres. In Jesus' name, Amen.

Introduction & Context

Paul is writing to a real church with real tensions. In Galatians 6:1–10 he sketches a way of life where we hold two commitments together: mutual care and personal responsibility. We “restore... with a spirit of gentleness,” we “bear one another's burdens,” and we also “carry [our] own loads.” Communities don't become caring by accident; over time, God forms us through ordinary, shared practices that make heavy things lighter—together.

Discussion Questions

1) Gentle Restoration (v.1)

- Where have you seen “restoration with a spirit of gentleness” done well? What made it gentle rather than harsh or permissive?
- Paul warns, “Take care that you yourselves are not tempted.” What boundaries or practices help you serve someone without slipping into rescue, gossip, or burnout?

2) Burdens and Loads (vv.2, 5)

- Paul uses two ideas: crushing **burdens** we shouldn't carry alone and everyday **loads** we are responsible to carry. How might that distinction guide our care for one another this week?





- Where do you personally need help carrying a **burden**? Where might you be invited to keep carrying your **load** with God's strength?

3) Humility and Self-Assessment (vv.3–4)

- "If those who are nothing think they are something, they deceive themselves." How does pride (or shame) distort our ability to ask for or receive help?
- What does honest self-assessment look like for you right now? What's one "next faithful step" in response?

4) Sowing & Reaping (vv.7–8)

- What "seeds to the Spirit" can a group like ours sow this fall (habits of prayer, generosity, checking in, confidentiality)?
- Share a story of a small act of care that produced "life" over time.

5) Don't Grow Weary (vv.9–10)

- Where are you tired of "doing what is right"? What renews your endurance—personally and as a church?
- Paul says, "Work for the good of all and especially the family of faith." What does "especially" look like without becoming insular?

Application & Challenge

This week, practice "burden-bearing" in one concrete way:

- **Check in, don't check up:** Send one text or make one call simply to say, "Thinking of you—how can I be with you in this?"
- **Name a specific help:** Offer two options ("I can bring dinner Thursday or sit with you during the appointment—what helps more?").
- **Model mutuality:** Ask for help you actually need. Let someone "take the other end of the couch."

Build a small group rhythm: decide one ongoing care habit (e.g., monthly meal train, prayer partner check-ins, standing hospital/visit buddy).



Closing Prayer

Lord Jesus, You carried the cross and carry us still. Make our gentleness visible, our courage steady, and our love practical. Help us not to grow weary in doing good. By Your Spirit, teach us to share sorrows and multiply joy, for the good of all and the witness of Your church. Amen.

Key Takeaway

We weren't meant to carry life alone. Bearing one another's burdens is costly, but it is how Christ's love takes on weight among us—and how weary people find rest.

Next Step — P.A.R. (Pray • Act • Reflect)

- **Pray:** "Holy Spirit, show me one person whose burden I can help carry this week."
- **Act:** Reach out within 24 hours with a specific offer—or a specific ask. Put it on your calendar.
- **Reflect:** At week's end, name what you sowed to the Spirit. Where did you see God lighten a load—or double a joy?

This guide was developed from original content with the assistance of ChatGPT.