

One Another: “Heavy Things”
Growth Group Discussion
Galatians 6:1-5

Opening Questions (get everyone involved in discussion):

- Begin with prayer. Take at least 30 seconds to be silent, clearing your minds of distractions and preparing to hear from God’s word.
- Look at the diagram below. Do you think of your Christian faith as being more on the left, the right, or somewhere in the middle? Please elaborate.



- What effect has the pandemic had on you in this regard? Has it made your relationship with God more of a private affair, more social, or something different altogether?
- Leaders, share the following background for Galatians: *Galatians is a letter written by the Apostle Paul to a particular church, whose teachers had been falsely teaching that God requires Christians to follow the Jewish Law, namely circumcision, in order for God to save them. Paul has been arguing that Jesus fulfilled the Law in our place, and that God saves us only as a gift, which we receive through faith. But now he is explaining the practical application of what that means.*

1. Read Galatians 6:1-5, then discuss the following.

- When Paul references “the law of Christ,” in v. 2, what law is he talking about? (Review John 13:34-35).
- According to Paul, what will it look like to fulfill the law of Christ?
- The emphasis in this verse is on “one another;” in other words, fulfilling “the law of Christ” inherently requires being intricately involved with other Christians. How do you feel about this concept?
- Pastor Josh described burdens as “heavy things.”
 - Can any of you share about a time when someone helped carry your burdens in a meaningful way?
 - What things are too heavy for you to carry right now?
- **Application:** What burdens are we carrying, that as a group, we can carry for one another? What burdens do we know about outside our group—either in our church or community—that collectively, we can carry?
 - Pause right now and make a plan, with at least one or two action steps, for how you intend to act on this understanding.

2. **Paul gives us a specific kind of situation where we are to carry one another's burdens, in v. 1.** How would you describe that type of situation, in your own words?
- Is any of you willing to share about a time that you made a mistake, and someone helped to restore you? How did they go about it? How did their involvement impact you?
 - Why is it important to participate in such restoration "gently?" What are the risks of not being gentle in this type of situation?
 - How do you feel about the idea of getting involved in people's messes, in an effort to help restore them?
 - Why does Paul give a word of caution at the end of v. 1? Have you ever seen this reality play out?
 - What point do you think Paul is making in vv. 3-5? What does it have to do with helping to restore people?
 - Pastor Josh pointed out that the verb in v. 5, commonly translated "should carry," is actually in the future tense in the original language: "Each one *will carry* their own load." How does this reading point us to the gospel?
 - In what way does this gospel realization impact how we approach the task of restoring people gently, and carrying their burdens?
 - **Application:** Is there anyone in your sphere currently who has sinned, and needs your help in being restored? (*A word of caution: do not share their name or details of their situation unless it is something that is already publicly known*).
 - What might it look like for you to carry their burdens, restoring them gently and with humility?
 - What is a first step you could take?

PRAYER:

- Take time to share about and pray for any other needs that exist in your group.
- Pray about these needs, as well as any of the burdens that have been discussed throughout your group time.