



Life Principles Notes™

How to Release Your Burdens

Part 2: Bearing Each Other's Burdens

Summary:

When you're going through some difficulty and you feel burdened, do you feel the freedom to share your hardship with someone else? Or do you think that seeking help is a sign of weakness? Are you under the erroneous assumption that Christians must handle everything that comes to them by themselves in order to show they have faith?

Unfortunately, people often bear burdens that God never intends for them to carry. When you refuse to seek help because of your own

pride or insecurity, you bury your problems and suffer much more painfully than necessary.

Therefore, the issue is: What do you do with your burdens? And how can you help others with their troubles? Whether it's financial, relational, physical, or spiritual, we should feel free to share what we're going through with the church, and find encouragement in our time of need.

Key Passage: [Galatians 6:1-5](#)

Supporting Scripture: *Psalm 38:4; John 13:34; 1 Peter 4:8.*

Scriptural Principles:

1 Bearing each other's burdens versus carrying your own load.

Galatians 6:2 teaches, "Bear one another's burdens, and thereby fulfill the law of Christ." However, Galatians 6:5 instructs, "Each one will bear his own load." It sounds like a contradiction. Yet, by understanding the true meaning of the words, we see there's no contradiction at all. All of us have had certain burdens in our life to bear. We may have brought those troubles upon ourselves, or perhaps God has placed those burdens on our heart for a reason. Yet, when we think about bearing another person's burden, we are getting under the load with them, so that they don't feel like they're alone.

2 When the burden is guilt because of sin.

The heaviest weight that a person can endure is guilt because of sin. And when Paul talks about bearing the burden of another person, usually it's when that weight is due to some transgression. Psalm 38:4 says, "My iniquities are gone over my head; as a heavy burden they weigh too much for me." We all get to the point where we can't handle the load anymore—God allows the yoke of sin to become so extreme that it drives us to release them. It's then we're willing to ask God to forgive us.

3 Step One: Restoring with gentleness.

So how do Christians help other believers bear the weight of their sin? We must understand that we're helping people who are trapped in activities or attitudes that are too powerful for them. Their sin is keeping them enslaved. Perhaps they hate their sin, and maybe even want out of it; yet, they don't know how to break free. As believers, we know that if they confess their sin and repent of it, they'll have the liberty they long for. We are to be messengers of redemption—and we must be gentle and compassionate when dealing with them. We become involved in other's lives so they can know Christ as their Savior and be free.

4 Step Two: Embracing the right purpose.

A crucial key to helping others is having the right purpose. Of course, God's will is that we restore that person, which means there's going to be a change in his or her life. In the New Testament, the word *restore* was often used for someone whose arm or leg was broken and then mended. *Restoration* means, "to set right." God uses us as vessels to help people return to a right relationship with Him. When people sin, we can't reject or ignore them because that doesn't honor Christ. Rather, we must lead them back to God.

5 Step Three: Having the right motive.

Another key to helping others is having the right motive. In John 13:34, Jesus instructs, "A new commandment I give to you, that you love one another; as I have loved you." Jesus loved everyone—not just the people who were righteous. In fact, it's the unconditional love of God that provided our salvation and brought us to Him. Like Him, when we love others unconditionally, we look beyond their sin to see the good in them. We take a genuine interest in their eternal wellbeing, rather than having the immoral purpose of wanting to take advantage of their weaknesses for personal gain. That's why we must be motivated by love—because, "Love covers a multitude of sins" (1 Peter 4:8). We must care for people so that they will turn to God and be freed from the power of sin.

6 Being spiritually minded.

When you bear someone else's burden, it is absolutely essential that you be spiritually minded so they can be restored. That means that the most important thing in your life is your walk with Christ. When the Holy Spirit controls you, He keeps your motives and purpose right, and He fills your attitude with gentleness. Friend, you cannot help another person if you're living in sin. Therefore, ask yourself these questions: Is your character, conduct, and conversation of such spiritual quality that people are convicted by your presence? Do people see something extraordinary in your life? Are you loving, kind, forgiving, and accepting? Are you willing to listen to others with compassion?

7 Praying for the others.

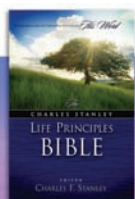
Of course, the most effective way to help other people is to pray. In fact, you should pray before you ever say a word to another person. When you intercede, God speaks to them about their difficulties and helps you comprehend it as well. He pries open the door of their heart to receive His love, and He shows you how to reach them. Yet, understand, this requires your absolute dependence upon the Holy Spirit. The Holy Spirit knows exactly the right time for you to approach that person—and He will lead you. He shows you what to say and how to respond.

Conclusion:

Imagine a marching soldier who has his pack on his back. That bundle is his responsibility, and he must continue on with it and do His part.

Likewise, there are certain responsibilities we must bear—and our main responsibility is to live the kind of life that honors Christ. Our character, conversation, and conduct must reflect Jesus. This is the burden that Galatians 6:5 talks about:

"Each one will bear his own load."



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On the other hand, we see the burden of Galatians 6 is the weight of guilt and sin. We carry our responsibilities like good soldiers in order to do as Galatians 6:2 instructs: "Bear one another's burdens." We lead others to Christ so that He can lift the weight of sin off of them. Therefore, it's our responsibility to be right with God so that we can lovingly show others how to be right with Him as well. There's no contradiction there—just the beautiful picture of how we live to exalt the One who saves us. ✝

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