

# CARRY ONE ANOTHER'S BURDENS

GETTING BETTER

JIMMY SMITH

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

We all know what it feels like to carry a heavy burden. People’s burdens come in all different forms: job loss, struggling to make ends meet, repairing a broken marriage, dealing with an addiction, trying to raise a family alone, caring for a loved one who is struggling, suffering with a chronic illness, feelings of loneliness, living with a mental illness and many more.

**Burdens are a reality of life.** Jesus said as much, *“in this world you will have trouble”* (John 13:33a). We all, at some point, will face a burden that feels like it is too much to bear. God, in His infinite wisdom and amazing love, has called His people...the church...to come alongside one another and help shoulder the load. We were never meant to live life in isolation. **We were never meant to struggle on our own.** God promises his presence (Deuteronomy 31:6), His strength (Isaiah 41:10) and His provision (Philippians 4:19).

One of the ways we experience God’s presence, strength and provision is through His people...that’s you and me, His church. We get better at loving one another when we are willing to walk alongside one another through life’s difficulties. It’s saying to each other, “let me help you with that” or “let me carry that for you.” Imagine being a part of a church where you know you’re not alone, where you know you have someone who’s willing to pray for you, encourage you, walk beside you and help you as you walk through times of darkness. We can be that church. We *must* be that church. God commands it.

## TO BE A CHURCH THAT CARRIES EACH OTHER’S BURDENS WE MUST:

- **Share our stories...**how God took something broken in your life and made it whole again or is in the process of making it whole. Too often people are apprehensive or nervous about sharing their burdens. They fear judgment, being the subject of gossip, or that they will be rejected. When we are willing to share about our brokenness it paves the way for others to be willing to share their own brokenness.
- **Stop the excuses...**we can come up with several reasons why we can’t help right now. Carrying each other’s burdens means we must be willing to step out of our comfort zone and clear some of our calendar to create space for God to use us.
- **Say “no” to self-reliance...**pride can get in the way of what God wants to do in us, through us and for us. It’s OK to say “I need help” (Proverbs 16:18).
- **Seek opportunities...**it’s easy to say “let me know if I can do anything for you.” It’s better to say, “If I did \_\_\_\_\_ would that be helpful for you?” If we sit and wait, then we may miss a God-ordained moment to be His presence in someone else’s life.

John Piper writes, “If a Christian brother or sister is weighed down or menaced by some burden or threat, be alert to that and quickly do something to help. Don’t let them be crushed. Don’t let them be destroyed. Don’t be like the scribes and Pharisees. Jesus said, *‘They bind heavy burdens hard to bear and lay them on men’s shoulders; but they themselves will not move them with their finger’* (Matthew 23:4).”

**May we be a church who lightens the load of others. In this, the world we will know we belong to Jesus (John 13:35).**

