

**HELP ME
CARRY
THIS
WEIGHT**



Brothers and sisters,
if another believer is
overcome by some sin,
you who are godly
should humbly and gently
help that person back
onto the right path.

Galatians 6:1

**BEAR ONE ANOTHER'S
BURDENS, AND SO FULFILL THE
LAW OF CHRIST.
GALATIANS 6:2 ESV**

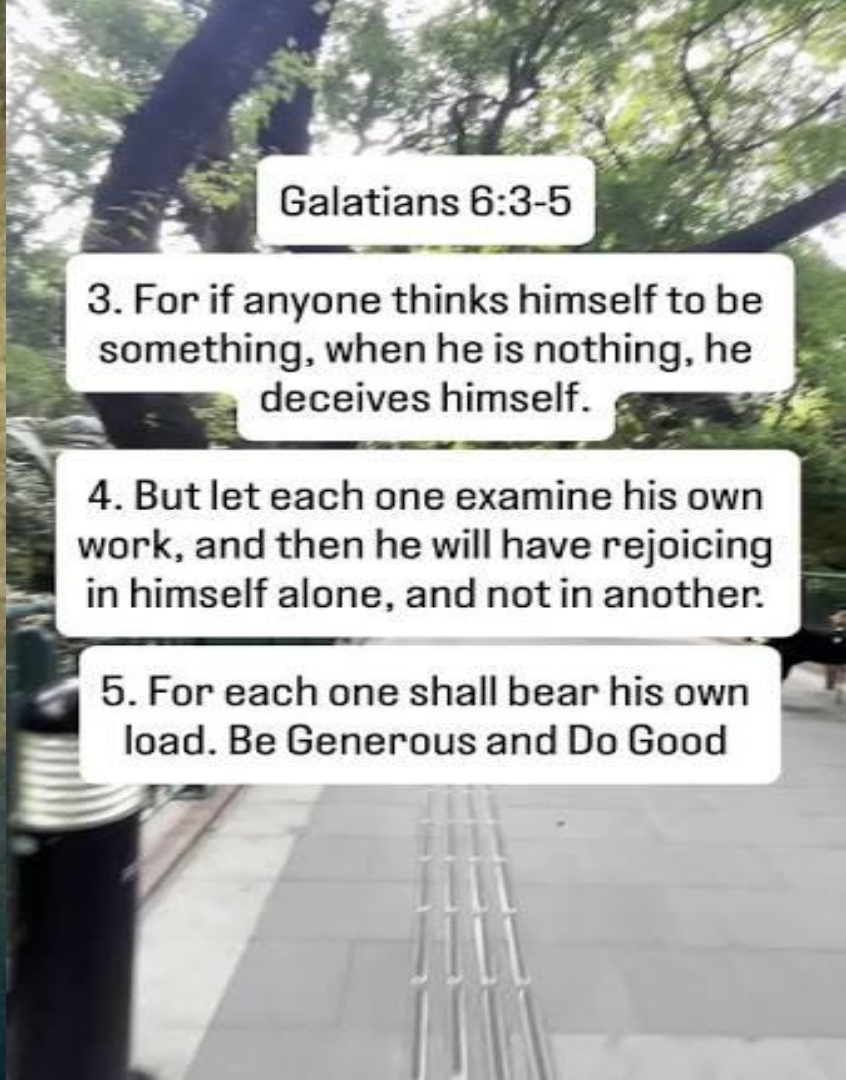


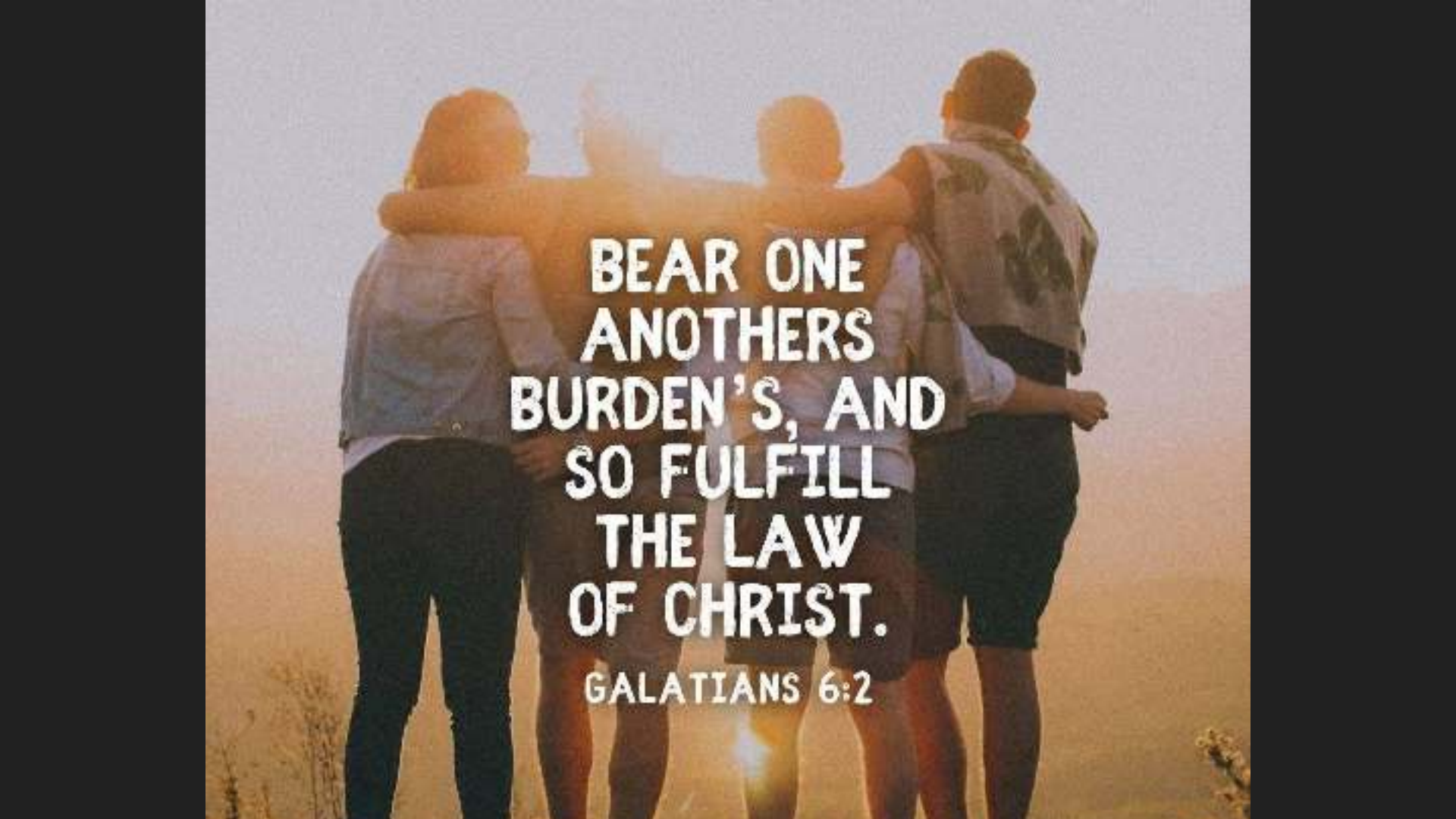
Galatians 6:3-5

3. For if anyone thinks himself to be something, when he is nothing, he deceives himself.

4. But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

5. For each one shall bear his own load. Be Generous and Do Good

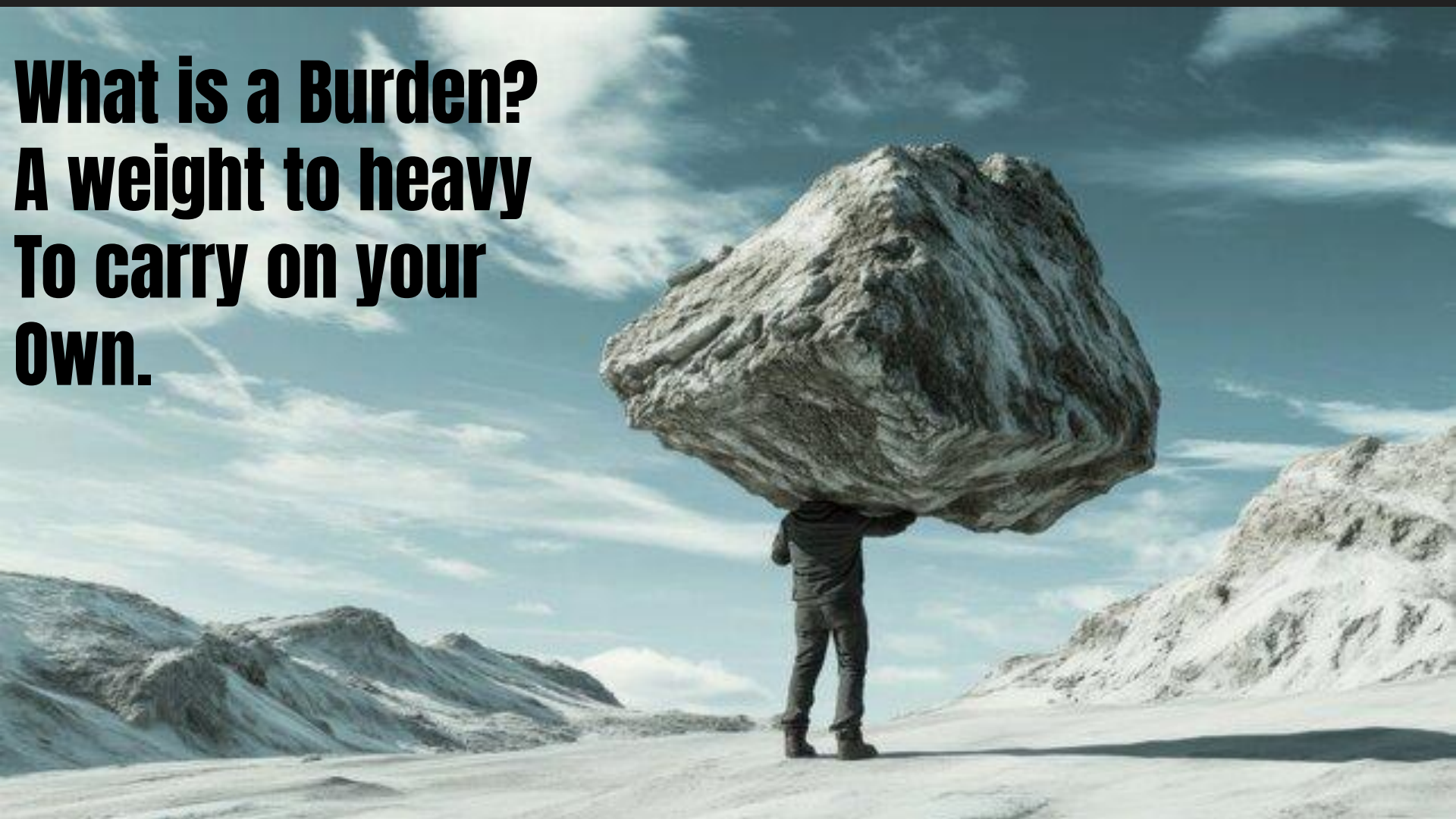




**BEAR ONE
ANOTHER'S
BURDEN'S, AND
SO FULFILL
THE LAW
OF CHRIST.**

GALATIANS 6:2

**What is a Burden?
A weight too heavy
To carry on your
Own.**



Different types of burdens?

Emotional: Deep-seated grief from loss, guilt from sin

Financial: Heavy external debt, high tax rates, or the cost of caring for an aging parent


Physical: Carrying a heavy backpack or a debilitating illness

Work & Duty: An overwhelming amount of homework or a demanding, stressful job.

Grief

A conceptual illustration of grief. A man in a dark, muscular physique is sitting on a small, dark cylindrical block. He is hunched over with his head buried in his hands, appearing to be in deep distress or pain. A heavy metal chain is attached to his wrists and extends across the ground to a large, dark, spherical ball. The ball is textured and has the words "EMOTIONAL PAIN" written on it in a bold, yellow, sans-serif font. The background is a soft, hazy gradient of purple and blue, suggesting a sunset or sunrise. The overall mood is somber and heavy.

EMOTIONAL PAIN



All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

Addiction



EMOTIONAL PAIN



THEREFORE CONFESS
YOUR SINS TO ONE ANOTHER,

& PRAY FOR
ONE ANOTHER,

SO THAT YOU MAY BE HEALED.
THE EFFECTIVE PRAYER
OF A RIGHTEOUS PERSON
ACCOMPLISHES MUCH.

JAMES 5:16 (LEB)

<https://newcontent/uploads/financial-balance-alone.webp>

Debt



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**Budget, balance,
help, Innovation,
Support**



But if there are any poor Israelites in
your towns when you arrive in the
land the LORD your God is giving you,
do not be hard-hearted or *tightfisted*
toward them. Instead, be *generous*
and *lend them* whatever they need.

DEUTERONOMY 15:7-8 (NLT)



Physical burdens



LET EACH OF YOU LOOK NOT ONLY TO
HIS OWN INTERESTS, BUT ALSO TO THE

interests of others

PHILIPPIANS 2:4





Work Stress

"Whatever you do, work at it with all your heart, as **working for the Lord**, not for human masters."

Colossians 3:23

He comforts

us in all our affliction, so that we
may be able to comfort those who
are in any kind of affliction.

