

**HELP ME
CARRY
THIS
WEIGHT**

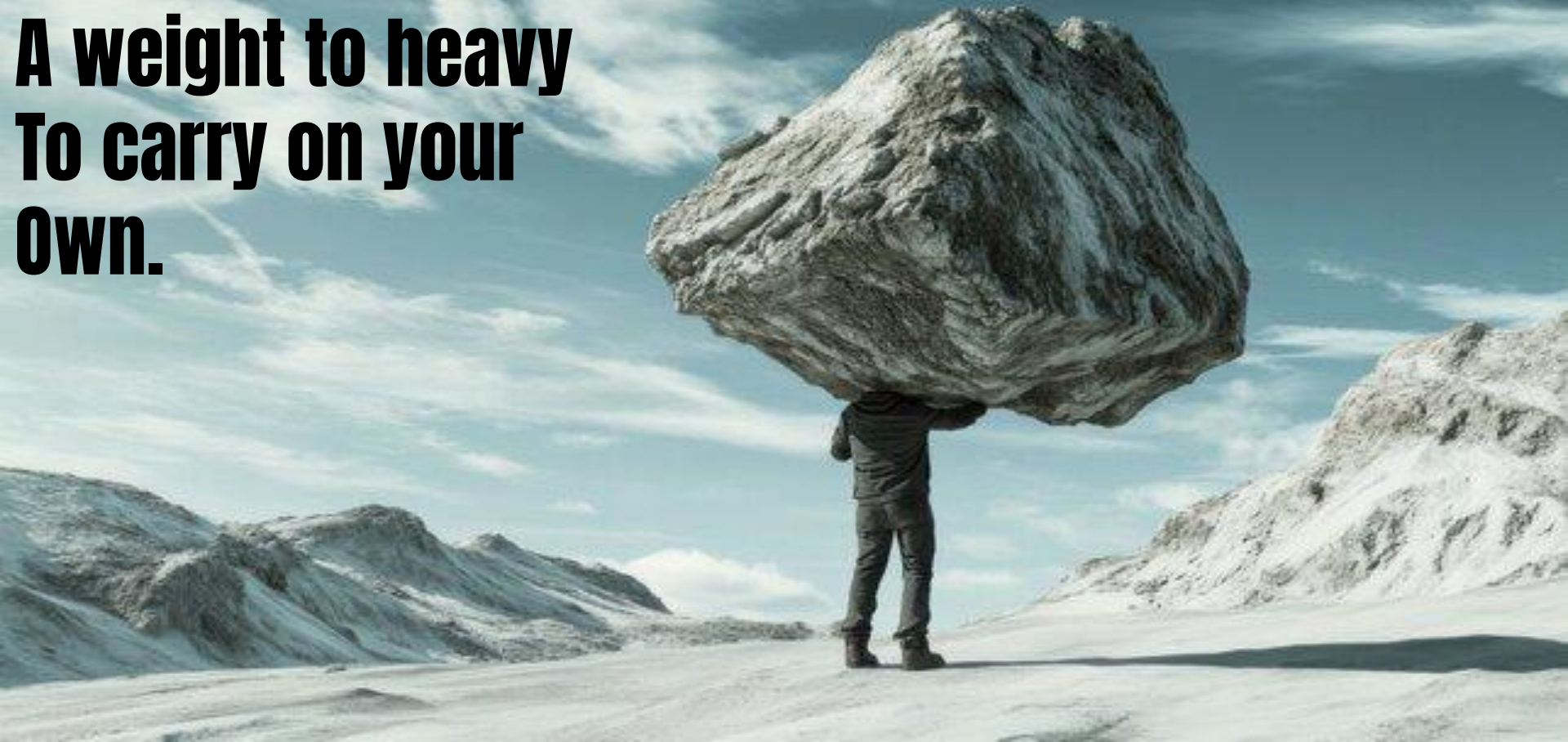


A photograph of four people (two women and two men) seen from behind, embracing each other on a grassy hill. The sun is low on the horizon, creating a warm, golden glow and silhouetting the figures. The background shows a hazy landscape with some trees.

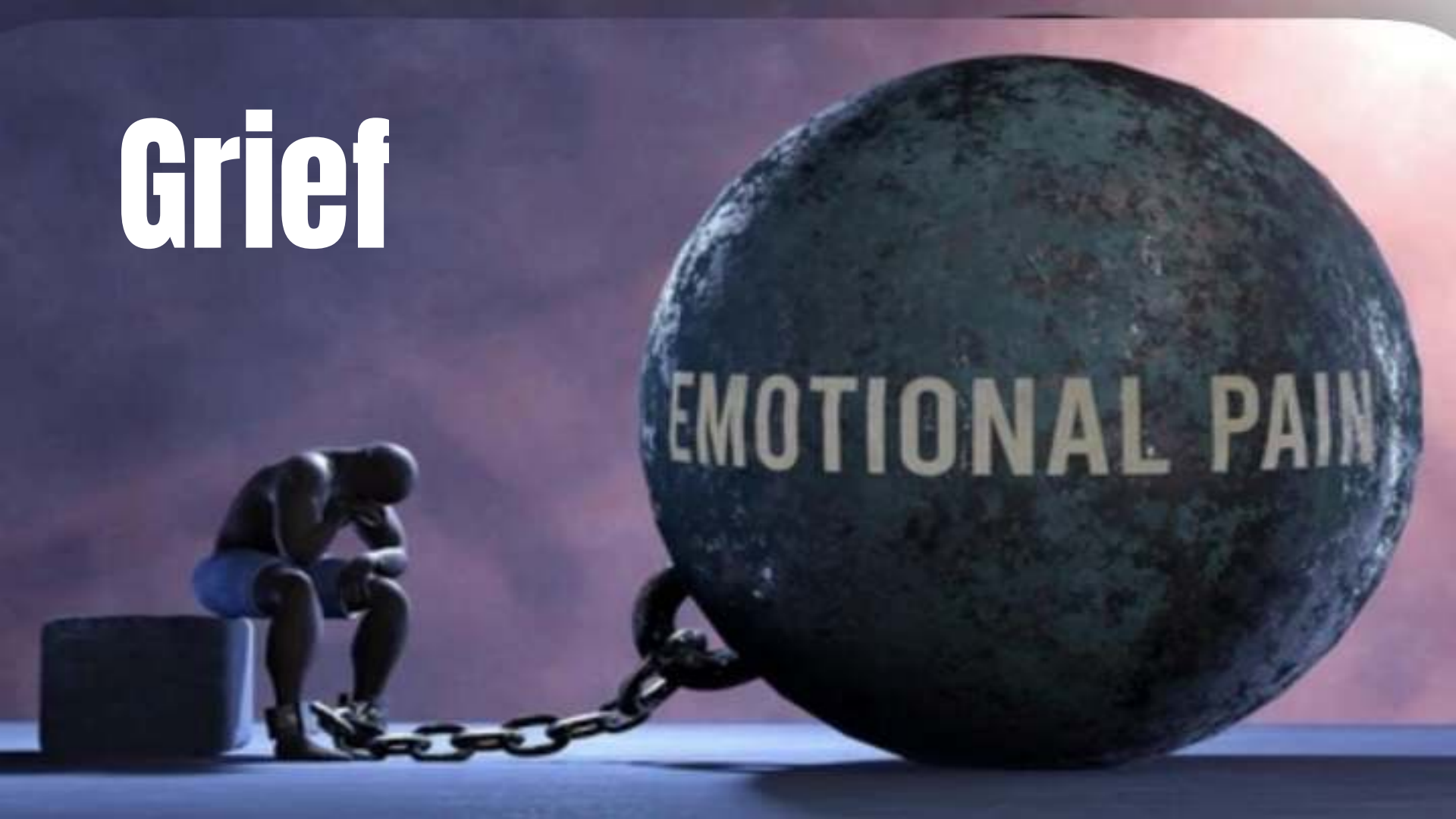
**BEAR ONE
ANOTHERS
BURDEN'S, AND
SO FULFILL
THE LAW
OF CHRIST.**

GALATIANS 6:2

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



Grief



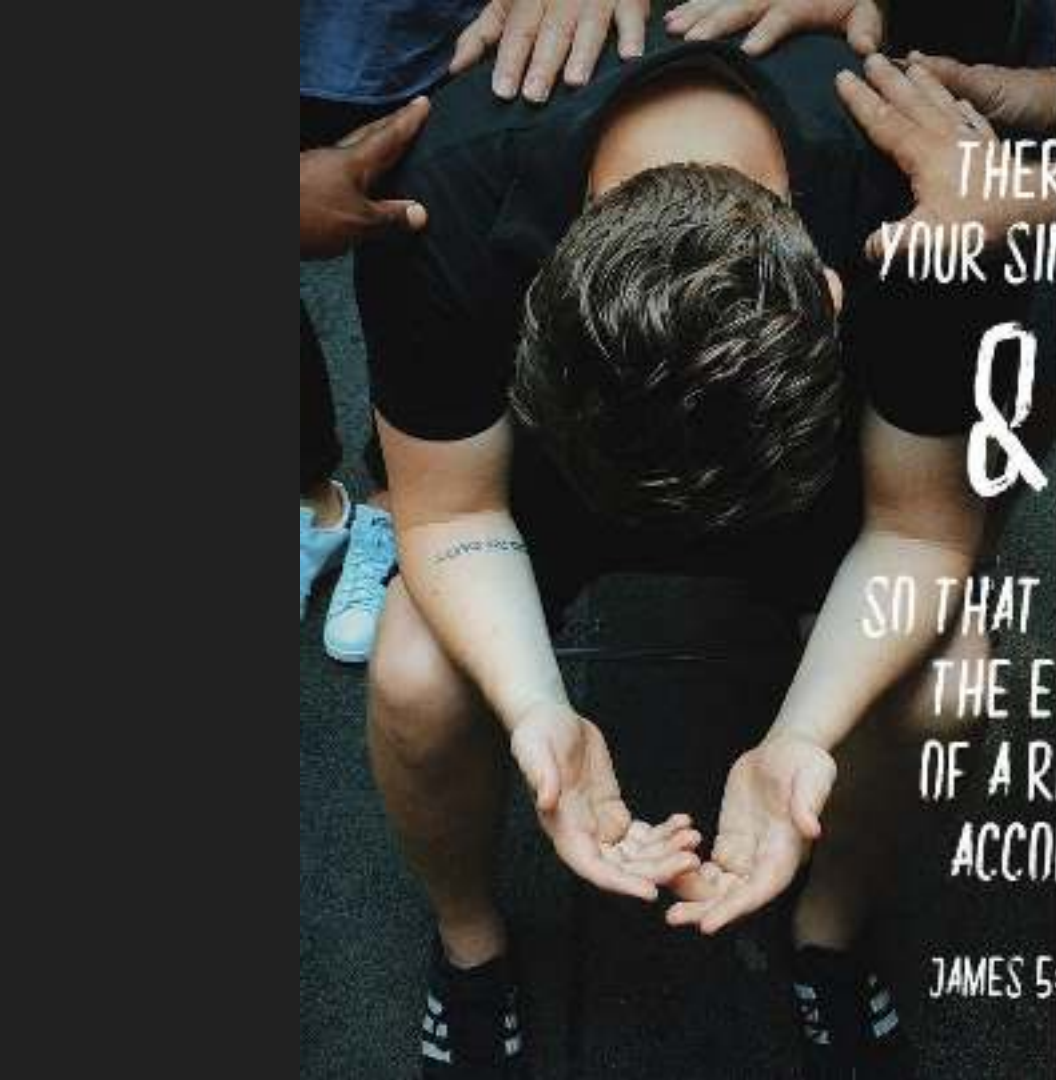
A black and white photograph of two young children walking away from the camera on a dirt path. The child on the left is taller and has their arm around the shoulder of the shorter child on the right. They are walking towards a bright, open area that appears to be a beach or a clearing with trees in the background. The path is flanked by a stone wall on the left and some foliage on the right.

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.

- 2 Corinthians 1:3-4 -

Addiction





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)

Debt



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.





**A Time
To Carry
Others**

1. Active Faith

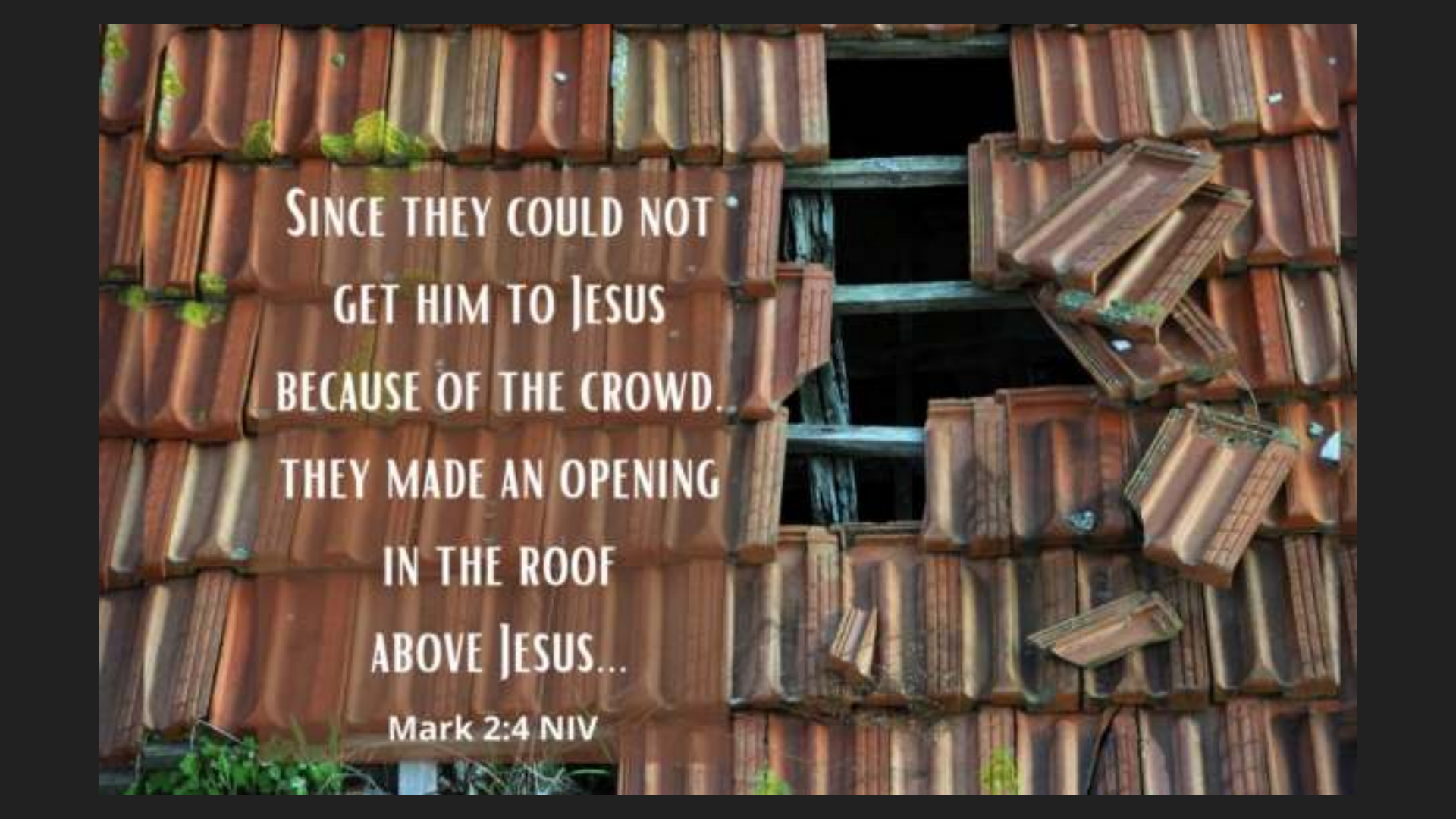
Faith is at the heart of the story. The friends' belief in Jesus ability to heal their paralyzed friend drove them to action. Despite the obstacles, their faith stayed strong. Hebrews 11:1 tells us:

Hebrews 11:1

"Now faith is assurance of
things hoped for, proof of
things not seen."

2. Determination

The determination of the four friends is evident in their refusal to be deterred by the large crowd blocking their way to Yeshua. Mark 2:4 describes this resolve



SINCE THEY COULD NOT
GET HIM TO JESUS
BECAUSE OF THE CROWD...
THEY MADE AN OPENING
IN THE ROOF
ABOVE JESUS...

Mark 2:4 NIV

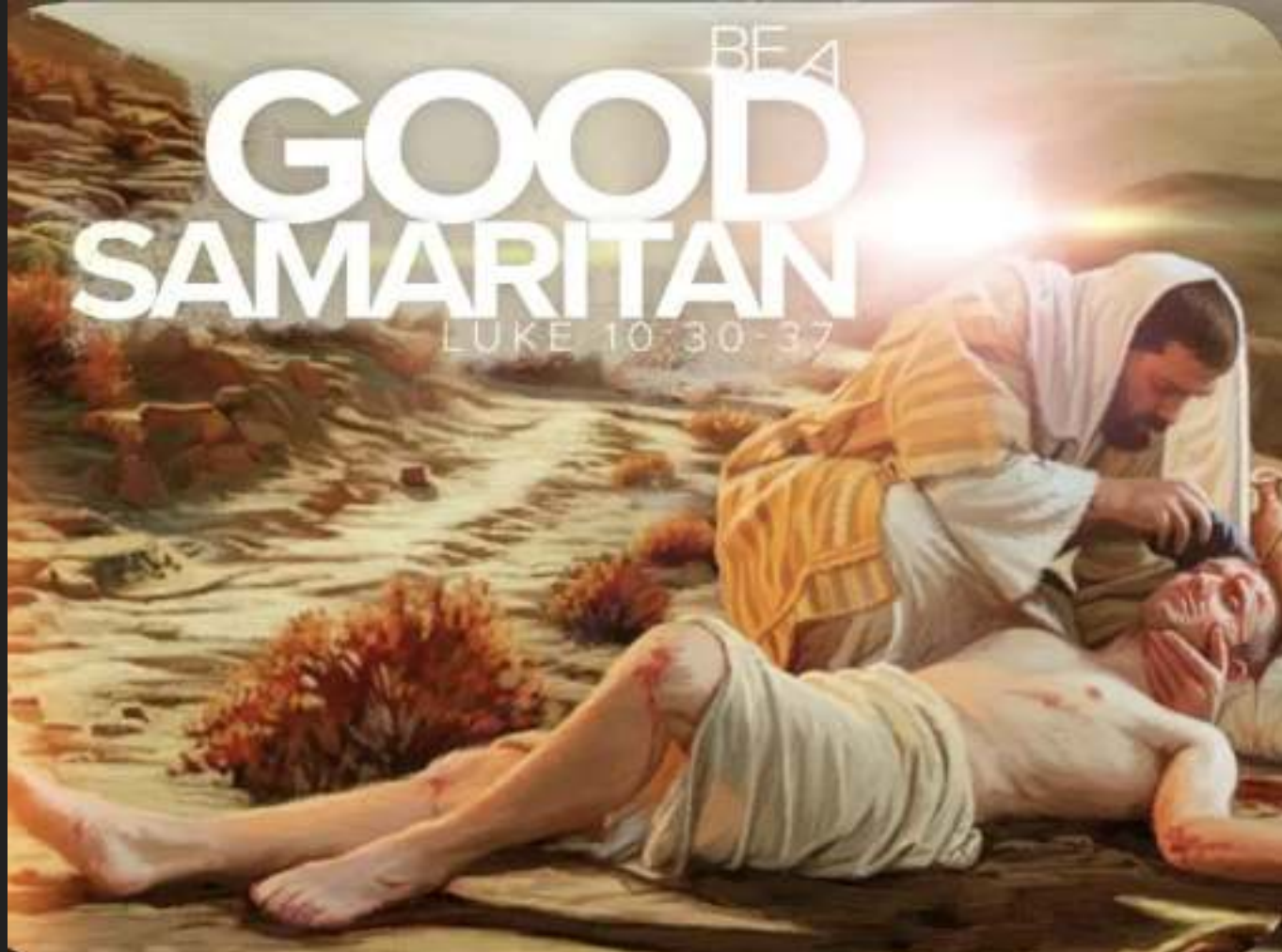
3. Compassion

Compassion is another defining quality of the friends. Their actions were motivated by a deep sense of compassion for their paralyzed friend. They recognized his suffering and were moved to help him. This reflects the heart of God who is compassionate and merciful

BE 4

GOOD SAMARITAN

LUKE 10:30-37



4. Teamwork

The story also underscores the importance of teamwork. The friends worked together seamlessly to achieve their goal. Their cooperation and coordination were crucial in overcoming the physical and logistical challenges they faced.

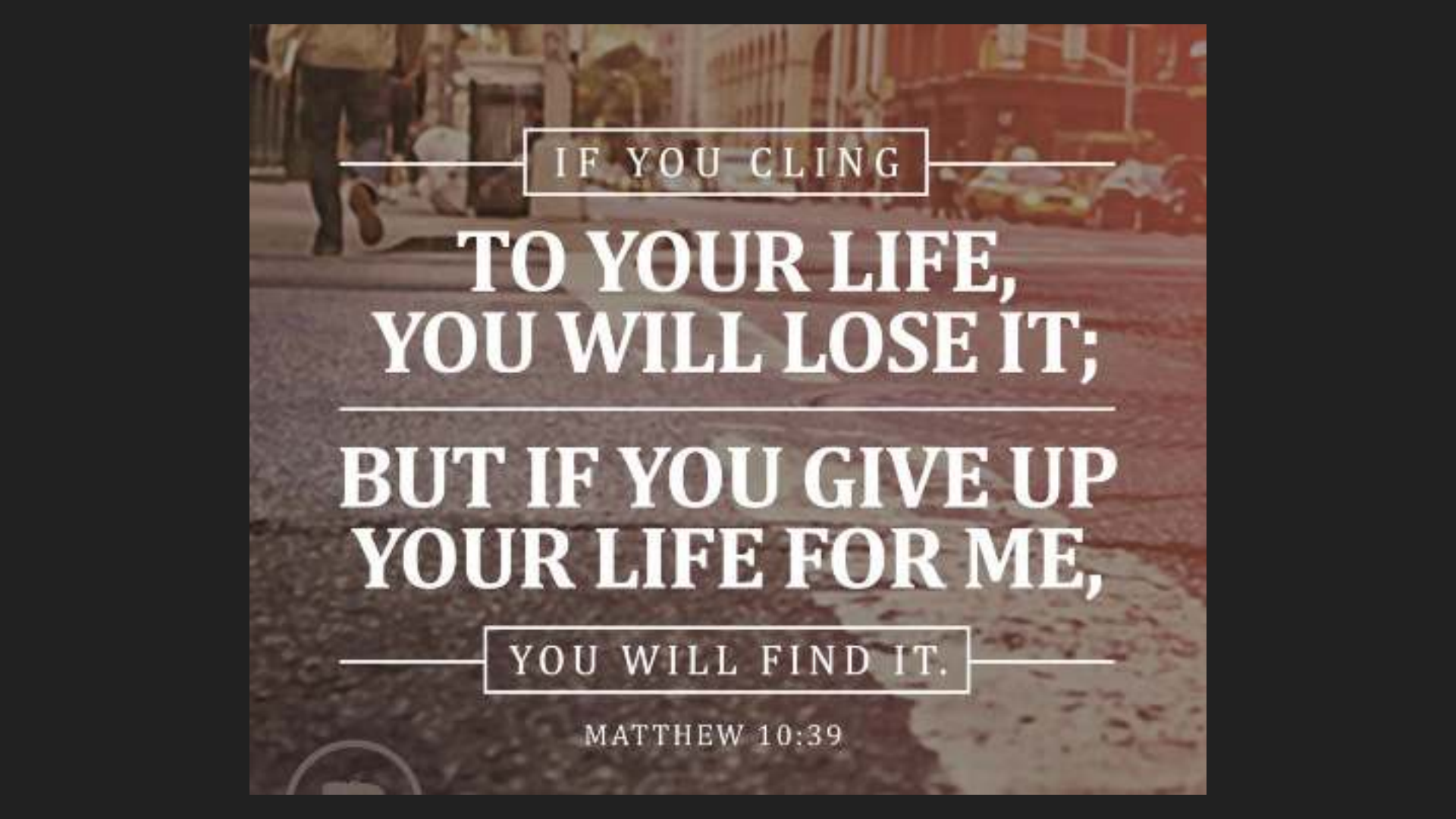
Two are better than one, because they have
a good return for their labor: If either of them
falls down, one can help the other up. But pity
anyone who falls and has no one to help them up.

Ecclesiastes 4:9-10



5. Sacrifice

Lastly, the friends demonstrated a willingness to sacrifice their time, energy, and perhaps even their reputation to help their paralytic friend. Climbing onto a roof, digging through it, and lowering their friend down was no small feat and likely drew significant attention (especially from the owner of the home!) and perhaps criticism.



IF YOU CLING

**TO YOUR LIFE,
YOU WILL LOSE IT;**

**BUT IF YOU GIVE UP
YOUR LIFE FOR ME,**

YOU WILL FIND IT.

MATTHEW 10:39



**A Time
To be
Carried**

Exodus 17

8 The Amalekites came and attacked the Israelites at Rephidim. 9 Moses said to Joshua, “Choose some of our men and go out to fight the Amalekites.

Tomorrow I will stand on top of the hill with the staff of God in my hands.”

10 So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill.

Exodus 17

11 As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. 12 When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. 13 So Joshua overcame the Amalekite army with the sword



**Sometimes to
Win you have sit
On the rock
And let your
Friends
Hold your
Arms up.**