

Galatians 6:(1-6),7-16

Growing community

Paul concludes his letter to the Galatians by reminding them to look out for one another and bear each other's burdens while not shirking their individual responsibility to live a life of freedom and love. We are all called to care for and nurture one another so that we all grow in the love of Christ.

Read this week's passage:



Living Scripture

'Carry each other's burdens, ...' Galatians 6:2

Burdens come in all shapes and sizes. Some are obvious – perhaps you've seen someone struggling up the steps at a station with a heavy suitcase, or trying to manoeuvre a large piece of furniture. Other burdens aren't as obvious. We can feel sad, and our feelings 'weigh heavy' on us, but they may not be obvious to the people around us. Just like when we carry heavy objects, we can ask for help to enable us to carry our heavy feelings.

The apostle Paul reminds us that our faith is best lived out in community, encouraging and learning from each other, sharing our burdens, and walking together. If you needed it, who would you ask for help? Has anyone recently asked you for support? Asking for help requires trust and vulnerability. We might prefer to be strong, but allowing others to see our struggles can lead to more authentic friendship and give permission for others to share their challenges. Do you prefer to give or receive help? Are you open to letting others challenge, encourage or help you? Can you take time to walk alongside someone and carry their burden with them? Is God nudging you to ask for some help?

First impressions

- What 'heavy loads' are you carrying right now?
- Where can you find help in your community?
- Whose burdens could you help to carry?



REFLECT



Fill a jam jar with encouraging Bible verses, e.g. written on small strips of paper and rolled up. Each day, pick a mini scroll and reflect on the words. Do the words encourage you in your faith, or could you encourage someone you know with that verse?



Put a blank piece of paper on your fridge or a pinboard. Encourage everyone in your home during the week, including visitors, to add prayer suggestions for situations they have noticed in your community.

Pray

God of grace and growth,
we praise you for making us all equal,
but different,
and, as we celebrate our uniqueness,
so we celebrate your creativity – all the shapes
and colours and seasons of creation,
all the different traditions and rituals and
music of each community.
May diversity bring us closer and unity make us
strong,
as we serve the world your Son came to live in and to die for.
We give thanks and pray in his name. Amen.



ACT

Explore the main themes of the passage using mime. Choose one person to act as if they are important. Ask another person to mime talking to them and pointing to the others in the room to show they are important too.

WATCH



Watch the video of triathlete Alistair Brownlee helping his struggling brother Jonny, who was suffering from heat exhaustion, over the finish line at the World Triathlon Series in 2016. In this week's passage, Paul encourages the Galatians to bear one another's burdens. How can you do that for someone else?

