



When Life Is Too Much To Bear
June 30, 2024

Are you quick to offer help to someone? What are some of the things that might cause you to hesitate or avoid getting involved when you see someone with an obvious need?

Read John 13:1, John 13:34-35 and John 16:12

What is significant about the timing of these words from Jesus? What are the main messages Jesus is sharing in these texts?

Read Galatians 6:2-5

What does carrying each other's burdens have to do with fulfilling the law? How do you balance the seemingly contradicting messages of carrying each other's burdens and verse 5 saying each should carry their own load?

Ted gave us three questions to ask when we consider sharing a burden with others.

- What has caused this heavy weight?
- Is this something I can carry on my own?
- Who should I reach out to for help?

Which of these can be the hardest for you to answer? What can happen if we neglect to answer all three questions before sharing our burden with someone else?

How would you define a transactional relationship?

Read Romans 12:15

Ted gave us a quick 4 questions quiz to determine how well we balance sharing our burdens with helping others carry theirs:

- How often do you ask people for favors?
- How many people did you help this week?
- When is the last time you called a friend just to catch up?
- Would you say you give more to others than you expect from them?

As you ask yourself these questions, where do you have room for improvement? Are there some practical ways you can rejoice or mourn with someone this week?

Discussion Questions