



# The **ONE** **ANOTHER** way

TRANSFORMING RELATIONSHIPS

## SERMON DISCUSSION GUIDE

### WEEK SEVEN

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life.

- To aid in the discussion time, you may wish to text out one or two of the questions below, encouraging your group to begin thinking about their answers.
- Knowing the people in your group, facilitate the conversation in a way that best represents the relationships present: marriage, family, friendship or work.

#### ICEBREAKER

What's something you thought, "I can totally do this myself," only to realize you definitely needed some help?

Who's the person you'd call when you're in a pinch—and why?

#### LEADER'S NOTE

God never intended us to carry life's burdens alone. In Galatians 6, Paul calls believers to care for one another with humility, compassion, and personal responsibility. As you discuss, encourage your group to think about both receiving help and becoming someone who faithfully helps others.

**Main Text: Galatians 6:1–5**

### **1** Restore One Another Gently

**Key Scripture:** Galatians 6:1

#### **Discuss:**

- What does restoration look like for a believer? In other words, what needs to be restored when a believer sins?
- Paul tells believers to restore others "with a gentle spirit." Why is gentleness so important when someone has stumbled?
- In your experience, what are some practical ways that we can restore someone without being harsh or condemning?

#### **Leader's Note:**

Restoration is the goal—not condemnation. When someone falls, the church should reflect the heart of Christ by pursuing them with truth, humility, and grace. Remind the group that every believer is capable of wandering and every believer needs God's restoring grace.

## 2 Bear One Another's Burdens

**Key Scripture:** Galatians 6:2

**Discuss:**

- Bearing one another's burdens often begins with noticing them. How does being sensitive to the needs and burdens of others lead to actually stepping in to help bear them?
- Why do many people find it difficult to let others help them during hard seasons? What's one way our group can create a place that's safe to ask for help?
- Is there something that you've been trying to bear on your own that you'd like our group to help carry?
- Is there someone God may be prompting you to encourage, support, or walk alongside this week? What could that look like?

**Leader's Note:**

Bearing burdens means entering someone else's struggle instead of simply observing it. Sometimes the greatest ministry isn't solving a problem—it's faithfully walking beside someone while they carry it.

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## 3 Walk Humbly and Faithfully

**Key Scripture:** Galatians 6:3–5

**Discuss:**

- Paul talks about humility immediately after calling us to carry each other's burdens. What role does humility play in our service towards others?
- Paul says that we are to bear each other's burdens, while still carrying our own. How can we still maintain responsibility for our own burdens, while allowing others to help us bear them?
- How can we know that we're helping someone carry a burden versus taking responsibility that belongs to them?

**Leader's Note:**

Paul balances compassion with responsibility. Healthy Christian community neither ignores people in need nor removes personal responsibility. We help carry burdens while encouraging one another to faithfully follow Christ.

## Closing Prayer

Thank God for the people He has placed in your life to encourage and strengthen you. Ask Him to give your group compassionate hearts that notice the burdens others are carrying and the wisdom to respond with humility, grace, and practical care. Pray that each person would faithfully carry their own responsibilities while helping others carry burdens that are too heavy to bear alone. Finally, pray together for the needs and burdens shared within the group.