

Best Weekend Ever

Sunday Morning Quiet Time

Bottom Line: God provides us community so we don't have to carry our burdens alone

Key Text: Galatians 6:2–3

Read the following passage 2–3 times. Underline or circle words/phrases that stand out to you.

Galatians 6:2–3 (NIRV)

Carry one another's heavy loads. If you do, you will give the law of Christ its full meaning. If anyone thinks they are more important than they really are, they are fooling themselves.

Reflection Questions

- What do you think Paul means by "carry one another's heavy loads"?
 - Why do you think he connects carrying burdens with "the law of Christ"?
 - What happens when someone chooses to carry everything alone?
 - How might God want to use you to help someone else feel less alone?
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Activity

Think of one person in your life who might be carrying a heavy "brick" right now. Write their name on your page and a short prayer for them. Ask God to show you a way to encourage or support that person this week.

Take a few quiet moments to pray for your small group, too. Thank God for giving you a community where you don't have to carry your burdens alone.