

DAY FOUR

WE COMMIT TO BEAR EACH OTHER'S BURDENS

Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2)

I wonder if you have a story similar to this one, where someone entered your heartbreak, or where you walked alongside another?

She called on an average weekday morning, and as soon as I answered the phone I could tell something was horribly wrong. Indeed, her life a few minutes before and her life after that event were heartbreakingly different. Through that season of grief, I learned to walk alongside her, not able to take her burden, but helping her shoulder it so she wasn't crushed.

Your small group family can become your closest network of friends, the ones you are your most true and vulnerable self with. It takes time, intentionality, and love-in-action to build these relationships. They become the people who are committed to celebrating with you when life is full of joy, and supporting you when life is unbelievably difficult. They stay by your side for the long haul, not just the immediate aftermath. They remind you that God is good and that you are His beloved.

Here are some practical ways we can help bear burdens:

- Prayer
- Listening
- Writing or texting encouraging words
- Meeting practical needs (food, bills, house projects)
- Anticipating hard days (anniversaries, firsts/lasts)
- Going with them to appointments, etc
- Special gifts or fun surprises

REFLECTION

What else would you add to this list?

How have others helped you bear burdens? What has not been helpful?

How do you respond when someone in your group is struggling or going through a difficult situation? What action step could you take today?

ACTS 2:16-36

Grab your Bible and open to today's reading. Use the PRAY and HEAR tools as you spend time in the Word.

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Take a moment and use the PRAY tool to respond in prayer.