

# Carry One Another's Burdens

The One Anothers April 26, 2026

From time to time we take a look at one of the 60 or so "one another" commands in Bible. They're given to Christians so we can know how to properly relate to each other in the church and so we can be built up, *others* can be built up, and our church can thrive in the love of God.

Today's command is found in Galatians 6:2

**Galatians 6:2 - Carry one another's burdens; in this way you will fulfill the law of Christ.**

All Christians carry burdens. Maybe a physical need. Maybe an economic need. Maybe grief. Maybe the weight of temptation or some heavy responsibility.

Paul uses a specific term for burdens here - one that refers to a crushing load that a person could not carry on their own without help.<sup>1</sup>

We are commanded to help when we see a fellow Christian under a load they cannot bear on their own. In fact, Paul says that by carrying one another's burdens we *fulfill* the law of Christ. What does he mean by that?

Well, in John 13, Jesus said, "I give you a new command: Love one another. Just as I have loved you, you are also to love one another." And now Paul gives us a practical application of how to obey this command. Carry one another's burdens.

For the record, I think we do make it a priority to do this. All the time I'm hearing about people doing one thing or another for someone else in need. And that is wonderful! Because one of the worst things a Christian can be is apathetic. In the first century, there was this philosophy a lot of people followed called Stoicism. Stoicism taught that the goal of life was detachment, independence, self-sufficiency.<sup>2</sup>

But we're called to connection and mutual support. And it's not a suggestion, it's not optional, this is a command. As we'll see in our study of 2 Peter, we can always grow more in every aspect of our faith. So, how can we continue to cultivate growth in the area of bearing one another's burdens?

As always, it starts in the heart. Asking the Lord to increase our love for the spiritual family around us. That we wouldn't be sliding into apathy, but growing affection and compassion.

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<sup>1</sup> John Walvoord and Roy Zuck *The Bible Knowledge Commentary: An Exposition of the Scriptures*

<sup>2</sup> Timothy George *The New American Commentary, Volume 30: Galatians*

From there, if I want to be used by God to carry burdens and if I want the Lord to provide people to help me with *my* burdens, well, then I need to be more connected, more communicative with people. I can't help with what I don't know about.

This is why we encourage you to get on the email list, to download the church center app, to meet people and talk with them. Not to just pass in and out of services in isolation, but being brave to join in with this family God has drawn you to. It might mean being a little more open with what's going on in your life so that others can support you. It might mean stopping in at the life table and saying, "Hey, I'm available to help when there's a need."

As we communicate more, we'll be able to accomplish more what the Lord has commanded us.

And here's a sweet thing that God does for us when we obey Him: He provides not only the power, but supplies contentment and satisfaction *through* our service.

You see, after Paul says in Galatians 6:2, "Carry one another's burdens," listen to what he says in verse 5:

**Galatians 6:5 - For each person will have to carry his own load.**

Well wait, is this a contradiction? No. He uses a different word here. The first time it's the heavy load that one person can't carry on their own. This time, it's a word that refers to a pilgrim's backpack.<sup>3</sup> And *that* burden, Christ promises, is easy and light. So, as we carry our burdens *and* the burdens of others, the Lord does *His* part to strengthen us, support us, and help us Himself.

So, let's trust Him and obey Him and be people who are ready and active in carrying one another's burdens.

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<sup>3</sup> George