

***Bear One Another's Burdens***  
***International Bible Lesson***  
**Galatians 5:22-26; 6:1-10**  
**Sunday, February 26, 2012**  
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*“Bear ye one another’s burdens, and so fulfill the law of Christ”* (Galatians 6:2—KJV).

*“Help carry one another’s burdens, and in this way you will obey the law of Christ”* (Galatians 6:2—GNB).

*“Bear one another’s burdens, and in this way you will fulfill the law of Christ”* (Galatians 6:2—NRSV).

Paul began his letter to the Galatians by reminding them that faith in Jesus Christ places people in a right relationship with God, not faith in Jesus Christ plus performing the works of the law. Still, Paul also insisted that believers obey the moral law, which requires people to love God and others. Those with faith in Jesus Christ will believe Him and do what He said. Jesus said, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself” (Luke 10:27). As Paul ended his letter, he told believers to “fulfill the law of Christ,” who commanded, “I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another” (John 13:34). One indication that a believer is living by faith in Jesus Christ is this: in their daily life, they love God and others as the Holy Spirit within guides and enables them.

Loving others in the family of God includes bearing one another's burdens. The followers of Jesus Christ help each other unburden their troubled hearts, solve problems, and overcome bad habits. They listen to one another with compassion; they counsel, comfort, and pray for one another. With the help of the Holy Spirit, they work in a spirit of gentleness to restore those who transgress (Galatians 6:1). Jesus showed the way when He restored Peter, who had denied Him (see John 21:15-22). Paul showed the way when he helped the Galatians turn back to faith in Jesus Christ alone for salvation.

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## **Thinking Further**

1. Why do you think Paul lists “love” as the first fruit of the Spirit? How might love influence each fruit of the Spirit that Paul lists?

2. How can believers be guided by the Spirit and not deceived by evil spirits?

3. What are some thoughts and actions that can help believers restore “in a spirit of gentleness” one who has transgressed?

4. Explain what Paul means when he talks about sowing and reaping?

5. In these verses, what are some actions that Paul tells believers to take? From your observation or experience, which of these actions do people in the church most need to take today?

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