



## 08.29.10/Galatians 6:1-5

### Materials Needed

A tug-of-war rope, something for a center line

### Opening Activity

Choose one child to be on one side of the rope, and one adult to be on the other. Play tug-of-war (the adult should win . . .). Ask children why the child was unable to pull the adult across the center line – *because the adult was too strong for the child to pull*. Discuss what could change the game so that the child’s team was stronger than the adult’s team. *Add more children!* Play tug-of-war again, and then discuss what happened. *The child’s team was much stronger when he didn’t have to pull the rope all by himself, but had others to help him*. Tell the children that tonight we are going to talk about helping each other by bearing each other’s burdens.

### Read Galatians 5:1-15

“Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another’s burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load.”

### Question 1

In this passage Paul tells us we should carry each other’s burdens. What exactly is a burden? Usually we think of a burden as a heavy load that has to be carried. It could be something physical that you carry with your arms (like a big box or a heavy bag), but in this passage Paul was talking not only about physical burdens, but also spiritual ones. Some examples of spiritual burdens could be a sin that you struggle with, something you are worried about, or any other troubles you might be having.

### Discussion

Let’s go back to our tug-of-war game. The adult represents the burden that the child had to carry. Can you think of a time when you were carrying a spiritual burden (struggling with doing something bad, worrying about something, etc.)? *Allow everyone to share if they feel comfortable.*

### Question 3

Why does Paul warn us to keep watch on ourselves so that we aren’t also tempted? *Let the children answer.*

It is easy for one person to drag another person into sin. We can think of sin as a disease, just like a cold. It is very easy for sin to spread from one person to another, because we were all born sinners, and only Jesus’ blood can cleanse us from our sin. Just like a doctor has to wear gloves and sanitize the room when he is dealing with a sick person, we also must be very careful to not get dragged into sin ourselves when we are carrying someone else’s burden.

### Discussion

Why does Paul say to carry one another’s burdens, but then also says that each person must bear their own load? It seems like Paul is saying two different things. *Ask the children to think back to the tug-of-war game. What would have happened if the first child had stopped pulling the rope when another child came to help him? They still would not have been able to “carry the burden” over the center line. This is an example of what Paul meant. If we are burdened by something and some of our brothers and sisters in Christ come alongside to help us carry the load, we have to make sure we continue to carry the load ourselves, and not just give up and expect other people to do the hard work for us! One of the most beautiful parts of Christian community is that we all work together – I help carry your burden, and you can help carry mine.*



**Question 4**

Are there any spiritual burdens that you are carrying right now that your Community Group can help you carry? *Group members can share if they feel comfortable.*

**Discussion**

Ask the children if they know who the ultimate burden-bearer is. *Let the children answer.*

Jesus! In Matthew 11:28-30, Jesus says, "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

**Wrap Up**

Close in prayer. Ask God to show you areas in your own life to see where you have your own burdens, so that you can carry them to the cross and give them to Jesus. Thank Jesus for being able to take on all of those burdens, and pray that he will give you the strength to carry one another's burdens as well.