

**Tabernacle Missionary Baptist Church**  
**2080 West Grand Boulevard**  
**Detroit, Michigan 48208**  
*Nathan Johnson, Senior Pastor*

***“Bear One Another’s Burdens...”***  
**Part One**

**SCRIPTURE LESSON:** Galatians 6: 2.

*“Bear ye on another’s burdens, and so fulfill the law of Christ”* (King James Version).

*“Carry one another’s burdens; in this way you will fulfill the law of Christ.* (Holman Christian Standard Bible)

*“You obey the law of Christ when you offer each other a helping hand.”* (Contemporary English Version)

*“Share each other’s troubles and problems, and in this way obey the law of Christ.”* (New Living Translation)

**GOAL:** To understand and practice burden bearing in Christian love toward one another

**OBJECTIVES:**

1. Recognize burden bearing as a Christian responsibility to fellow believers
2. To discover and understand practical ways to help bear one another’s burdens

**ESSENTIAL INSIGHT/QUESTIONS:**

Did you know that there is help for those burdens you carry? Not only is there help from God, but our brothers and sisters can help us, too. God’s Word tells us to cast our burden upon the Lord and He shall sustain us. (Psalm 55:22). Oswald Chambers expresses it this way: “Roll thy burden upon the Lord”; you have been bearing it all. Deliberately put one end on the shoulders of God. “The government shall be upon His shoulder.” Commit to God “that He hath given thee.” Do not fling it off, but put it over onto Him and yourself with it, and the burden is lightened by the sense of companionship. Never disassociate yourself from the burden. Chambers, Oswald, *My Utmost for His Highest*

**LESSON INTRODUCTION/BACKGROUND:**

**Time:** About 48 A.D. **Place:** Syria, Antioch

This letter to the churches of Galatia is one of Paul’s thirteen Epistles written in the New Testament. These churches were established during his first missionary journey. Galatia is now modern-day Turkey. The book of Galatians has been called the “Christian Declaration of Independence: <sup>1</sup>

The primary purpose of this epistle is to defend the doctrine of **Justification by Faith** and the gospel of **Grace**. When this letter was penned, the Judaizers or Legalizers were undermining Christianity by teaching the observation of the Mosaic Law and ceremonial rituals (e.g. the Sabbath, circumcision, festival days) as a requirement for salvation. Paul stressed that believers receive the **Free Grace of God** through the death of His Son Jesus Christ and that they are justified, made righteous, and redeemed by His finished work.

The scripture Galatians 6:2: “Bear One Another’s Burden” and so fulfill the law of Christ, *which is love*. We, as believers in Christ, should be demonstrators of God’s love toward a brother or sister who is under a heavy load (difficulties, problems, tribulations, etc.). In doing this, we exemplify the love which is the fulfillment of the royal law (James 2:8 – “*Love your neighbor as yourself*”).

#### **DEFINITIONS:**

**Bear, Bastazo**, signifies to support as a burden, of sufferings borne on behalf of others  
Vine’s Complete Expository Dictionary

**Bear, bastazo**, 941, *bas-tad’-zo*; perhaps remotely a derivative from the base of the Greek 939 (basis) (through the idea of *removal*); to *lift*, literal or figurative (*endure, declare, sustain, receive*, etc.): - bear, carry, take up.  
Strong’s Exhaustive Concordance

**Burden, Baros**, denotes a weight, anything pressing on one spiritually, a burden of a transgressor (Vine’s Complete Expository Dictionary)

**Burden, baros**, 922, *bar’-os*; probably from the same as Greek 939 (basis) (through the notion of *going down*; compare Greek 899 (bathos)); *weight*; in the N.T. only figurative a *load, abundance, authority*: - burden (some), weight. This word denotes (1) a weight, anything pressing on one physically,” Mt. 20:12, or (2) “that which makes a demand on one’s resources,” whether (2a) material, I Th. 2:6 (to be burdensome), or (2b) spiritual, Gal. 6:2; Rev. 2:24, or (c) religious, Acts 15:28. (Strong’s Exhaustive Concordance)

**Burden, Phortion**, 5413, something carried, one’s own responsibility, of that which will be the result, at the Judgment-Seat of Christ, of each believer’s work, Gal. 6:5 (Vine’s Complete Expository Dictionary)

**The Law of Christ** is love. Jesus said “*Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, thus shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets.*”  
(Matthew 22:37-40)

---

<sup>1</sup> Unger’s Bible Dictionary

## LESSON CONTENT:

### Identifying the Burdens

The scriptural passage, Galatians 6:2, exhorts us to bear one another's burdens. The context has special reference to the heavy and oppressive weight of temptation and spiritual failure. As we learned from the last two lessons on *Cease Judging One Another*, the law of Christ requires us to love one another rather than condemn, criticize, or judge another. This, Paul stated, fulfills (anapleroo, "to fill up, fill up completely") the law of Christ, that is, the principle of love (Galatians 5:14; John 13:34).

**In Galatians 6:1, we find that the "spiritual" Christians are to do the work of restoring; "Brethren, if a man is overtaken in any trespass, ye who are spiritual, restore such a one in the spirit of gentleness; considering yourself, lest you also be tempted".** The word trespass is translated: "a side-slip" in reference to a stumble, a blunder, or fall. In this context, the word "**burdens**" in Galatians 6:2, **represents spiritual weaknesses** that cause a fall.<sup>2</sup> Galatians 5:19-20 lists certain works of the flesh or sins that can cause a fall; adultery, fornication, idolatry, hatred, jealousies, drunkenness, wrath, envy, etc.

Paul lets us know that we, the brethren in Christ, have a responsibility. He stated that the one who is caught in sin is to be restored by "spiritual" Christians or the mature, discerning, and humble believers. The word restore is translated to mean "repair, mend, refurbish" with the idea of bringing something damaged back to its former condition. We should not turn away and say "too bad" or "oh what a shame", and neither should we just leave them in that fallen state. To the contrary, offering words of encouragement, exhortation, developing a friendship, or helping our brother or sister to be accountable are some practical ways that we can help them bear their burdens.<sup>3</sup>

Pertaining to burdens associated with the consequences of sin, David graphically described his plight in Psalms 38:4; *"For my iniquities have gone over my head; like a heavy burden, they are too heavy for me. My wounds are foul and festering because of my foolishness"*. Since, the deep pain and agony of the chastening can only be borne by the individual who committed the sin; for believers in this state, we can encourage and lead them to repentance as we redirect them to the Word and the ways of the Lord. We can remind them of God's love for them and encourage them with our own experience in overcoming similar faults or weaknesses. *We have all sinned and come short of the glory of God. (Romans 3:23) For we all have become like one who is unclean and our deeds of righteousness are like filthy rags. (Isaiah 64:6)*

---

<sup>2</sup> MacArthur, John F., *The Freedom and Power of Forgiveness*, Crossway Books, 1998, 158

<sup>3</sup> MacArthur, John F., *The Freedom and Power of Forgiveness*, Crossway Books, 1998, 157- 158

As Jesus traveled to Golgotha, Simon of Cyrene, helped him bear the physical burden of carrying His heavy cross. (Mark 15:21, Luke 23:26, Matt. 27:32) On the cross, Jesus bore our sins, grief, and sorrows “*Surely He hath borne our griefs and carried our sorrows.*” (Isaiah 53:4-5) He took our infirmities and bore our sicknesses. (Matthew 8:17) Jesus bore our sins, past, present, and future, upon the cross. Moreover, he took on the penalty for our sin debt. When, by faith, we received Christ as our Lord and Savior, our sins were transferred to Him and His righteousness was transferred to us (Justification). Because of all that Jesus did for us and by the power of the indwelling Holy Spirit, we are compelled to bear one another’s burdens.

### **Offering Understanding and Practical Help**

All believers can become involved in bearing burdens through prayers and words of encouragement for others. The Spirit–led believer empathizes with others, is sensitive to their situation, identifies with their burden, and seeks ways to effectively minister to them.

*“Bear (endure, carry) one another’s burdens and troublesome moral faults, and in this way fulfill and observe perfectly the law of Christ (the Messiah) and complete what is lacking [in your obedience to it].”* (Galatians 6:2 Amplified Bible).

If the burdened individuals are seeking to grow in the faith and in Christ, it is not surprising that they may become more aware of their sin nature; then they will certainly need prayers and the encouraging support of their brothers and sisters to not become discouraged. Cold and heartless treatment will not help, particularly if the individual is carrying a load of guilt and shame. Jesus, in bearing our sins and infirmities, does not and did not treat us this way. It is needful for spiritual people to show genuine concern and Christ-like love and behavior that exemplify the *Fruit of the Spirit* (gentleness, patience, goodness, faithfulness, peace etc.), Galatians 5:22 -23, for those bearing heavy burdens and the weight of sin.

#### Hebrews 4:14- 16

*ESV* Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. **4:15** For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. **4:16** Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.