



## ***Counter Culture: Week 2 — “Carry One Another’s Burdens”***

**CONNECT:** If you have a large amount of groceries to unload from your car, do you tend to make as many trips as needed, or do you try to carry more than is wise to try to shave off a few trips in and out of the house?

### **GROW:**

1. Comparison has been called the thief of joy.
  - a. Do you tend to compare yourself to others?
  - b. What factors exacerbate tendencies you may have to compare yourself to others?
2. **Read Matthew 11:28-30.** Jesus offers to lighten our load in this passage.
  - a. When in your life have you walked through a heavy season?
  - b. How did it differ from lighter seasons of life?
  - c. Would you describe your current season of life as heavy or light?
3. Discuss some of the burdens that are common to our culture.
  - a. In what ways do you relate?
  - b. What burdens are harder for you to understand?
4. **Read Galatians 6:2.** We are told to share one another’s burdens.
  - a. What burden in your life do you need to share with others?
  - b. What is one burden challenging someone else in your life?

**PRAY:** Father, the burdens of this world are too heavy for me to carry. I need you every day to help me with the day ahead; I give you my worries today. Help me to identify ways I can share in the burdens of my brothers and sisters in Christ, and help me to set down things you never asked me to carry. Thank you for offering a lightness that I could never achieve on my own.

**NEXT:** What’s a practical way you can live out the words in Galatians 6:2? Identify a way you can help someone you know with their burden this week or let someone in on a burden of your own.