



Living Life Reformed

CHURCH

“Burden Bearing”—Galatians 6:1-5

What Do I Do with Burdens?

- 1) Some Burdens are to be _____
- 2) Some Burdens are to be _____
- 3) Some Burdens are to be _____

For Further Thought or Discussion

- 1) Why do you think the Roman Catholic church has “confessionals” or places where people can privately speak to a priest? Might they be onto something good with this practice?
- 2) Do you feel like a person should have to find a “confessional” to unload their sins or burdens?
- 3) What makes it challenging to confess our faults and sins to one another? How could we overcome these challenges?
- 4) What might be an appropriate example of shouldering a burden alone?
- 5) What does Jesus say to all who are weary and burdened? What is your response to his words today?
- 6) What other applications or action steps could you take from this week’s message?