

# Weight Bearing Love

Galatians 6:1-5

8/30/2025

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## Announcements

### Illustration

Illustration The big beams in the sanctuary. Load-bearing beams distribute weight to prevent collapse. Every church needs load-bearing beams. No, I'm not talking about physical structures, I'm talking about people.

### Intro:

As a body, we do not function separately from one another. When we isolate ourselves from either receiving love from others or giving love to others, the body becomes dysfunctional. All of us have enough dysfunctional parts of our physical bodies to understand the pain and damage that causes.

But being involved in each other's lives can bring up some valid questions. Questions you and I have probably asked many times. What is the balance between our forcing myself upon others? Where is the line between helping someone and enabling them? Is there a balance of helping a brother or sister and enabling them? Is there a balance of forgiving someone and trusting them? How many have asked some of these questions? Well, this vital passage in Galatians answers many of these questions for us.

### Scripture

Galatians 6:1-5 (NKJV) [1] Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. [2] Bear one another's burdens, and so fulfill the law of Christ. [3] For if anyone thinks himself to be something, when he is nothing, he deceives himself. [4] But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. [5] For each one shall bear his own load.

### Illustration

Illustration4 Things you need in order to have a weight-bearing love:A Lifesaver BuoyA DollyA MirrorA Suitcase

## Main Point

### Point 1

A Life Saver Bouy

## Scripture

Galatians 6:1 (NKJV) [1] Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

Notice several things:

Sin is a snatcher:

The Bible speaks that we have three very real adversaries that war against our sanctification and holiness:

The lusts of our flesh, The temptations in the world, The fiery darts of the devilNow, we are thankful that we have a Savior who sanctifies us, forgives us, and redeems us from our fallen state:

## Scripture

[1Th 5:23 NKJV] 23 Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Having said that, the reality is that sin is always looking to take us down. Satan roams around like a roaring lion seeking whom he may devour. From the very beginning, God told Cain:

## Scripture

[Gen 4:7 NKJV] 7 "...sin lies at the door. And its desire is for you, but you should rule over it."

## Application

Paul tells us that there will be times when others, and even ourselves, will be "overtaken in a trespass." Now, the words in this verse are important. Overtaken - two Greek words: Pro - before, Lambano - to be snatched and carried away. This word is both reactive and proactive. This refers not to the person living in outright rebellion with an unrepentant heart, but to the person who is about to be (or currently is being) snatched and carried away in a trespass. It is a battle raging within them. They might see it, they might not. The word for trespass is the typical word for "sin" in the NT (Hamartia - to miss the mark). Trespass - a lapse or deviation from truth and uprightness. You might see warning signs in someone's life. They are flirting with the person at work who is not their spouse. They start spending a lot of time with a certain unbelieving crowd and begin to avoid fellowship and develop unhealthy and ungodly habits. Your friend or family member confesses a battle or a struggle they are having with wandering eyes, unholy actions or destructive patterns or addictions. These are hope for the best, but to be engaged in making sure they don't drown in their sin.

The required action: "Restore such a one in the Spirit of gentleness." Verse 1 communicates three things:

Who should do it? What needs to be done? How it needs to be done

Who should do it:

You who are spiritual. He simply means that a carnal, worldly mindset will not help restore a person from the grip of sin back into the grip of grace. The last thing a person who is struggling with sin needs is the world's advice.

You just need more self-esteem. You're just a poor victim. The amount of bad advice that comes from people who don't think spiritually or biblically is plentiful and dangerous. When someone is struggling with being overcome with sin, they need a person who will take them to Jesus and lead them to scriptural truth. Spiritual problems require spiritual solutions to reach their root cause. If you are not such a person, the best advice you can give is to point them to get help from such a person.

What needs to be done:

Underline the word "Restore". The heart of rebuke or correction should always be the restoration of a brother or sister into the fold of God where they are protected.

When dealing with someone who is in sin, there are three things you don't want to do:

Ignore them - This usually stems from our desire not to be inconvenienced. It's often easy to look the other way because getting involved would mean a mess for us. But your intervention could be the difference maker between rescue and destruction. Excuse them because of who they are or the excuses they have does nothing to help them to the true path of recovery. We all have things that have happened to (some to greater degrees) that make us prone to sin. While acknowledging those obstacles, we also need to make sure we call sin for what it is. It might be offensive, but I was offended when Jesus met the sinner. Destroy them - by immediately swinging a self-righteous, judgmental gavel, we can alienate a person from being able to receive grace and truth from us.

## Quote

— Pastor Josh

"It's easy to criticize and instruct someone's life while you're standing above them, but we are most like Jesus when, compelled by love, we step out of our own world and into theirs."

Jesus showed us this by stepping out of heaven and stepping into the life of an adulterous woman who was about to be stoned. He forgives her and scatters her accusers, but asks her to acknowledge her sin and commands her to sin no more.

**DEFINITION:** The word restore was used in ancient Greek to describe the resetting of a broken bone. Sometimes it's painful and seems harsh, but its intent is to put the bone back in its rightful place and ensure complete healing.

How it's done:

How you do something is nearly as important as what you need to do. In a spirit of gentleness, considering ourselves, how do you want to be treated when you are confronted about your sin? We ought to give away the same grace we would want to receive. With firmness, yes, but also with gentleness.

What you have to do is going to hurt, so it's imperative to do it as gently as possible. If you approach someone with a self-righteous, harsh, condescending attitude, not only will you damage them, but you will end up sinning against yourself. Gentleness does not = wimpiness, cowardice, or avoidance. It doesn't = not speaking the truth. It simply means that it's done in such a way that love is clearly evident and a heart for restoration is clearly understood.

## Illustration

There are not many things I can cook, but I can make eggs. But I've learned that how you crack the egg can determine the experience you will have. Especially when teaching my young children how to do it. We have had many crunchy egg breakfasts.

## Application

Application You want to throw out the lifesaver-- not aiming for their head to knock them out, but for their arms that they might be rescued and restored to a place of safety and rest. But, of course, much depends on the person drowning to respond. If you are being confronted with your sin, don't resist, harden your heart, and stiû en your neck. That w destruction.

## Main Point

### Point 2

You Need a Dolly

Bear one another's burdens, and so fulfill the law of Christ.

## Custom

The Greek word for burden means: "An excessively heavy or unbearable load."

## Illustration

Have you ever helped someone move? How many times have you been grateful for one of these (Dolly)? It's diû cult to move a refrigerator; it's nearly impossible help. Sometimes we have burdens in life that require a dolly, and according to the Bible, the best spiritual dollies are other people.

## Application

Unbearable load - Mom and Dad just had their fourth baby, with three in diapers. Grandma and Grandpa are not around. Dad works overtime to support the family, and Mom is left to care for the baby and three rambunctious children. That load gets unbearable really fast. The cancer treatment is taking its toll, and you have little strength; you're missing work and having battles with the insurance company. That load can get unbearable.

## Application

Just as with physical strength, we all have our limits, and others have their limits. Sometimes life breaks those limits. Sometimes this is God stretching us and expanding what we can handle. Other times, God allows these things so that someone else can step up and fill the gap, be the dolly. Perhaps you're retired and have some free time on your hands. A few hours a week to play with some adopted grandkids is within your limits and might help relieve the burden of that young mom. Perhaps God has blessed your business beyond your expectations, and giving \$500 might be within your means and could help relieve the family struggling with medical bills and barely staying afloat.

## Scripture

John 13:34-35, "A new Commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another." Loving God and loving others is not conceptual or theoretical but practical and measurable. Our example, Jesus, was a burden bearer: [Isa 53:4 ESV] 4 Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted.

Like Jesus, we want to be burden bearers and burden lifters, not burden givers. The Pharisees and lawyers who taught the law in Jesus' day taught the letter of the law, but not the heart of the law:

## Scripture

Luke 11:46 (NKJV) [46] And He said, "Woe to you also, lawyers! For you load men with burdens hard to bear, and you yourselves do not touch the burdens with one of your fingers.

## Scripture

1 Peter 4:8-10 - And above all things have fervent love for one another, for "love will cover a multitude of sins." Be hospitable to one another without grumbling. As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.

## Main Point

### Point 3

We need a Mirror (verse 3)

## Scripture

Galatians 6:3 (NKJV) [3] For if anyone thinks himself to be something, when he is nothing, he deceives himself.[Gal 6:3 NLT] 3 If you think you are too important to help someone, you are only fooling yourself. You are not that important.

## Application

There's nothing that hinders our ability to minister to others more than pride. The best way to help another person is to first conduct an honest self-evaluation. This is why it's good to have a mirror. Mirrors don't show you what you want to see; they simply reflect what's there, good and bad. James actually likens God's Word to a mirror for the soul. (James 1:22-25)

We must keep an honest assessment of ourselves according to the perfect standard... God's Word, Jesus Christ. That's the only way we will always see ourselves as we really are--nobodies, saved by grace, not above meeting any task or serving any person.

## Illustration

One pastor tells a story of his Little League Baseball days. After a loss one day, there was a kid who blew the game but was blaming everyone else's mistakes for his own. On the drive home, this pastor's dad said, "If I could buy that kid for what he was worth, and sell him for what he thought he was worth, I'd be a millionaire!"

## Scripture

Galatians 6:4 (NKJV) [4] But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

This language speaks to our tendency to compare our work to that of others and judge ourselves by ourselves.

## Scripture

2 Corinthians 10:12 (NKJV) [12] For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

## Illustration

What if you hired someone to build you a custom home? Every time you were with the person, they would criticize and nitpick another builder's work, but when it came down to it, they never double-checked their own plans or examined the job they were doing to ensure it was done right. Would you want to live in that house when it's finished?

## Quote

— Pastor Josh

When we compare ourselves with others, we can't help them because we are too busy trying to be better than them. When we compare ourselves to Christ, we can have the humility to be a blessing to all.

## Main Point

### Point 4

We need a suitcase (verse 5)

(5) For each one shall bear his own load.

Now wait a minute! Doesn't this statement seem to contradict what he just said? He just said bear one another's burdens, now he says each one must carry their own load.

Notice the two different words used:

Burden in verse 2 means an excessive, unbearable weight. The word used in verse 5 is a different word. It speaks of an appropriate cargo. The word is used when a ship is loaded with a certain amount of weight that it is designed to carry alone without sinking. In essence, Paul is saying that while there are moments that require that we help lift the unbearable burdens of others, it's never an excuse to freeload off the body of Christ. Yes, we are all called to help each other with the responsibilities that God has called you to carry yourself. Yes, we are all called to help each other carry the heavy loads of life, but we aren't supposed to carry someone else's suitcase because that enables them to live in a way that they are never held accountable for their actions, learn to trust the Lord for their provision, or stretch themselves to grow.

## Illustration



This is a suitcase. It is designed to be handled by one person. In it are things that belong to me and things that I am responsible for lugging around without burdening others. If I take my suitcase and throw it on someone who is already carrying theirs, not only do I unnecessarily increase the burden of another person, but I also neglect the responsibilities that God has given me. I recently got a first-hand taste of this. I recently injured my back and have been physically unable to bend over and do much of the yard maintenance at my house. This has led to a few things getting out of control. This week, two men in the church, of their own accord, said, "I have some free time and the ability, I want to help Josh." I tried to refuse, but they came anyway. They shouldered the burden themselves with joy. They worked with my son and blessed my family. It was humbling, and I can't express how touched and encouraged I was to get to be part of the body of Christ. It made me think, "I hope I can be that for someone who is carrying a bit more than they can handle." However, it would be inappropriate for me, when I'm healed and strengthened, to make a sign-up list of everyone who wants to come and maintain Josh's yard for free. By dumping a load I can handle on someone else, I am now limiting their ability to help another in need, and I myself will not learn to help others in need because I haven't even learned how to carry my own responsibilities.

## Application

Bearing another's burdens does not mean providing free room and board to your adult son who is too lazy to work hard and keep a job, but has plenty of stamina to play video games all day. [2Th 3:10 NKJV] 10 For even when we were with you, we commanded you this: If anyone will not work, neither shall he eat. It doesn't mean paying the bills for your friends who use all their money to support their substance addictions. We each have a suitcase. In it, God has placed responsibilities, ministries, gifts, and talents, and even some difficulties. We must learn to carry them with his help, not burdening others. In fact, I think it's safe to say that Paul is sharing this principle:

## Quote

— PASTOR JOSH

"You cannot effectively help others carry their heavy burdens if you carry your own load."

## Conclusion

We need to have hearts that are for one another. We can't be guilty of swinging to the extreme ends of the pendulum. We must be careful not to become hardened and callous to the heavy burdens people are carrying. At the same time, it's not helpful for a person when we become gullible and start carrying the responsibilities God has given them to carry.

This passage also has eternal significance. If you are living life without Christ today, you, too, are carrying an unbearable load. The problem is that there is no person alive who can bear that load, because that load is your sin. Your friends can't take that for you, your family can't take that from you. On your own, you will end up breaking your back under that load and carrying it all the way into eternity. But here is the good news, Jesus offers to take the upon his shoulders.

Jesus also had a load to carry, one that he alone was strong enough for. He carried it with strength and grace. It was the cross.

## Scripture

Matthew 11:28-30 (NKJV) [28] Come to Me, all you who labor and are heavy laden, and I will give you rest. [29] 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. [30] For My yoke is easy and My burden is light.

## Quote

— *Thomas Kempis*

"Love alone makes heavy burdens light and bears in equal balance things pleasing and displeasing. Love bears a heavy burden and does not feel it, and love makes bitter things tasteful and sweet."

So today, go with the right tools:

Get out your life ring and be equipped to help rescue and restore those who are stumbling. Get your Dolly and have eyes to see and hearts to help brothers and sisters who are weighed down with burdens too heavy for them to bear alone. Stand in front of your mirror so that you can stay humble enough to be a blessing to others. Grab your suitcase and be faithful, and with the load of responsibilities that God has given you, so that you might be a blessing and not a burden to others.

In doing so, you will be a good representation of Christ to those around you.