

Session 3: Bear One Another's Burdens (Galatians 6:2; Ecclesiastes 4:7-12)

Ice Breaker: When I was a teen (younger) the person I told my secrets to was ...
How did that turn out for you?

READ Galatians 6:2 & Ecclesiastes 4:7-12

1. What keeps me from sharing my needs or concerns with others is ...
2. What potential dangers do we face when we go it alone?
3. What do you look for in someone with whom you would share your burdens?
4. How do you demonstrate that you are trustworthy enough to bear someone's burdens?
(practice active listening and confidentiality)
5. What other stories or passages would you look to in order to learn about bearing one another's burdens?
6. Take time in your group to share burdens and to pray for each other. Depending on the trust level of the group this could be a simple sharing of prayer requests or it could be something significantly deeper such as heartfelt concerns or interpersonal wounds.

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