



The Weight of Connection (Galatians 6:2-5) Combating Loneliness (Part 4)

THE BIG IDEA

To build and sustain meaningful connections with people, we each need to pull our own weight. This includes the weight of responsibility, the weight of self-awareness, and the weight of love.

OPENING

- When was the last time you tried to pick something up that was too heavy for you to lift?

DIGGING DEEPER

- Some loads are heavier than others. Read Matthew 11:29-30 and 23:4. These verses use the same Greek word found in Galatians 6:5. How are these two loads different?
- Bible scholar William Hendriksen says, *“What makes us tender and generous, meek and humble, sympathetic and helpful, toward others is the realization that we ourselves amount to so little.”*¹ How have you seen this to be true? How does pride make us less tender, generous, meek, humble, sympathetic, and helpful?
- How can we “test our own actions” (v. 4). What specific ways do you test your actions?
- According to James 2:7, what is the royal law of Christ?

¹William Hendriksen, *Exposition of Galatians* (Grand Rapids: Baker, 1968), p. 233



PUTTING IT TO WORK

- Make a list of the “loads” you are responsible for carrying in your life. Be as specific and practical as possible. Which of these loads are most difficult for you? Which are easiest for you?
- According to psychologist Tasha Eurich, “We’ve found that even though most people believe they are self-aware, self-awareness is a truly rare quality: We estimate that only 10%–15% of the people we studied actually fit the criteria.”² How would you know if you are self-aware? What do you do to be more self-aware?

PRAYER REQUESTS

²Tasha Eurich, “What Self-Awareness Really Is (and How to Cultivate It),” *Harvard Business Review* (January 4, 2018).