



# Marriage Growth-Track

## Week 9 - Day 4

### Carrying Burdens

by Chris and Amanda Watson

*Carry each other's burdens, and in this way you will fulfill the law of Christ.*

*Galatians 6:2*

In the grand equation of Christianity, we, as Christ-followers, definitely come out on the 'greater than' side of the equation when it comes to receiving forgiveness and grace and love from Christ. He died for our underserving souls and all He asks is that we love Him and one another along the way. This is what we see in this verse:

- When given the opportunity, help. Don't hesitate, don't overthink it, don't look the other way; jump in and help;
- In helping others, you will be the living, breathing hands and feet of Christ, doing as He did by carrying the burdens of others

Burdens are rarely thought of as anything good. You never hear anyone talking happily about burdens. Nobody's ever said, "Man, I hope I get a good burden to carry soon," or "I hope Santa leaves me an extra big burden in my stocking." No doubt about it—burdens are a bummer.

But in a crazy sort of way, bad-news-burdens can actually be good. That's because, when you're in the middle of carrying a burden and someone else offers to help you—to carry it for you—you get relief. Maybe it's truly physical, but, if you're like most people, it's more likely an emotional or mental burden that carries the most weight.

Short of the occasional truly heavy load of groceries or boxes that we sometimes carry, most burdens usually take on the shape of difficulties, obstacles, or challenges in our lives. They can range anywhere from mildly irritating and distracting to overwhelming and completely consuming. Either way, if we carry our burdens too long and too far, they can flat out wear you out.

But they don't have to.

When we help our spouse carry the burdens of their life (which, not surprisingly translates to the burdens of our life), we are offering relief. And comfort. And reassurance

that they're not on this journey alone. We get the blessing of blessing others when we carry their burdens for a while. And when we're the ones doing the heavy lifting with burdens, our spouse gets the privilege of returning the favor—they get the joy of providing relief, offering comfort, and reminding us we have a trustworthy helpmate.

Carrying each other's burdens is a win-win of Biblical proportions!

When we relieve our spouse, even if only temporarily of a burden, we are reflecting the love of Christ in our lives. He first carried our burdens and freed us from the eternity we deserve; we get the opportunity to mirror his sacrifice when we do so for our spouse. Win-win-win!

**Discussion Questions:**

1. What is your understanding of what the Bible has to say about the roles of husbands and wives?
2. Is that reflected in your marriage?

**Action Steps:**

Write Galatians 6:2 down on a card and read daily.  
Remember your goal is to function as a team.

**Prayer:**

*Lord, please help us to shoulder one another's burden and to not walk away from each other. Please help us to be an encouragement to our spouses and to those who are struggling in their marriages. Help us to take comfort in knowing you are always there to help with our burdens.*