

Bible Lessons on the Number ONE

Bear ONE Another's Burdens

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Dedicated to all the children who want to be like Jesus.

Another ONE in the bible is:

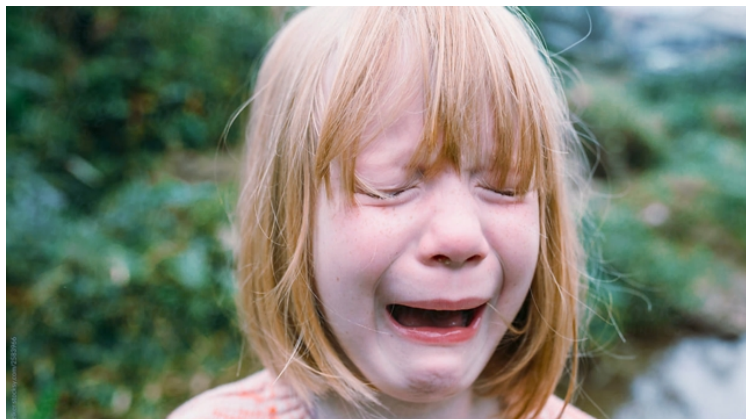
Galatians 6:2
Bear one another's
burdens, and so fulfill
the law of Christ.

What is a burden? Yes, something heavy to carry.



That's a very heavy load this young man is carrying. How can you help bear his burden?

This looks like an even bigger load to bear. How can you help her?



Mommy isn't feeling well. Let's think of some ways to bear her burden:



Doing the dishes and cleaning.



Sweeping the floors.

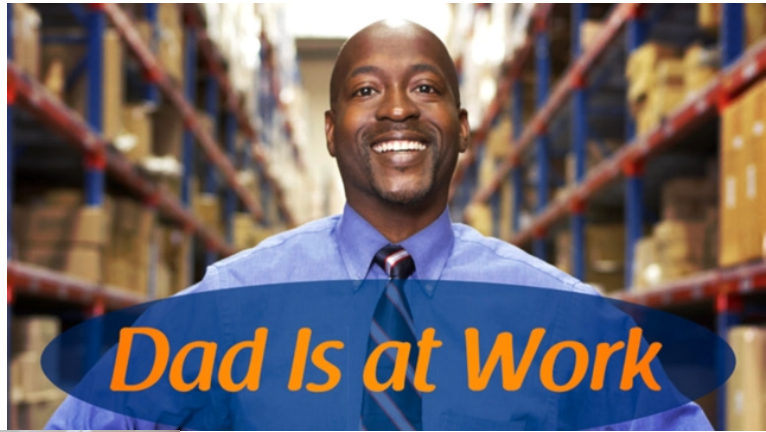


Helping with younger children.

Or making meals for others.



Daddy has to work.
How can you bear his
burden? Here's some
ideas.



Helping him with chores.

A very important way to
help him bear his burden
is to obey him when he
wants you to do
something.



Your dad spends a lot of time at work in order to pay bills and buy the things you need. Everything you have costs money. It's not free. So be careful to only ask for what you actually need, and

to not waste things like food, water and electricity.

Also be careful to buy things with your own money when possible. Here's an idea for an easy way to save your own money:



This farmer has to eat an 80 lb watermelon! I'm sure you don't want to help him bear his burden by helping him eat it!

These are just some examples of burdens people might have. Can you think of any others? I can think of stuff that people have to carry, trials and difficulties; people in pain, illness, sadness, shyness, no money, no food.

What are some ways we can help others to bear these burdens?



Help to carry one another's burdens.
(Galatians 6:2)

The second part of the verse says “and so fulfill the law of Christ”. Another way to say that is, “and so fulfill the teaching of Jesus.” In other words, when we help others with their burdens, we are putting into actions the teaching of Jesus.

We are not just “talking “about what Jesus did, but when we help others we are actually being like him.

Can you think of times when Jesus bore the burdens of others?



What was this man's burden?

Yes, that's right, he was a leper and had a skin disease. What did Jesus do to help him? Yes, he healed him.

What was this lady's burden?
She was very sick with a fever and Jesus took her sickness away and she got up and served everyone.



What were these people's burden? Yes, they were very hungry, so he gave them food.

Jesus helped lots of people with many different needs.

And of course, he bore the burdens of our sins when he died on the cross for us.

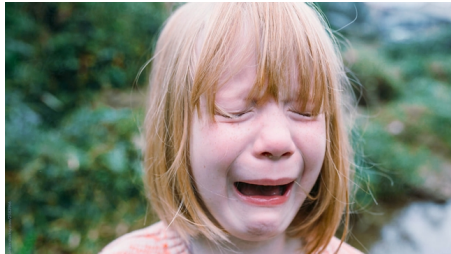


We can't do what Jesus did in bearing the sins of the whole world, but we can bear the burdens of other people's sins against us when they do things to us that are wrong.

Jesus told us, "treat others the way you would want to be treated." (Mt 7:12). We call this The Golden Rule.



So let me ask you, if you're carrying something heavy, would you want someone to help you? Yes. Well then... if you see someone carrying something heavy then go and offer to help.



If you're having a bad day, would you want someone to cheer you up? Well then...if you see someone having a bad day then go and try to cheer them up.

If you're feeling sick, would you want someone to help you do your chores? Well then...if someone in your house is sick then jump in and do some of their chores.

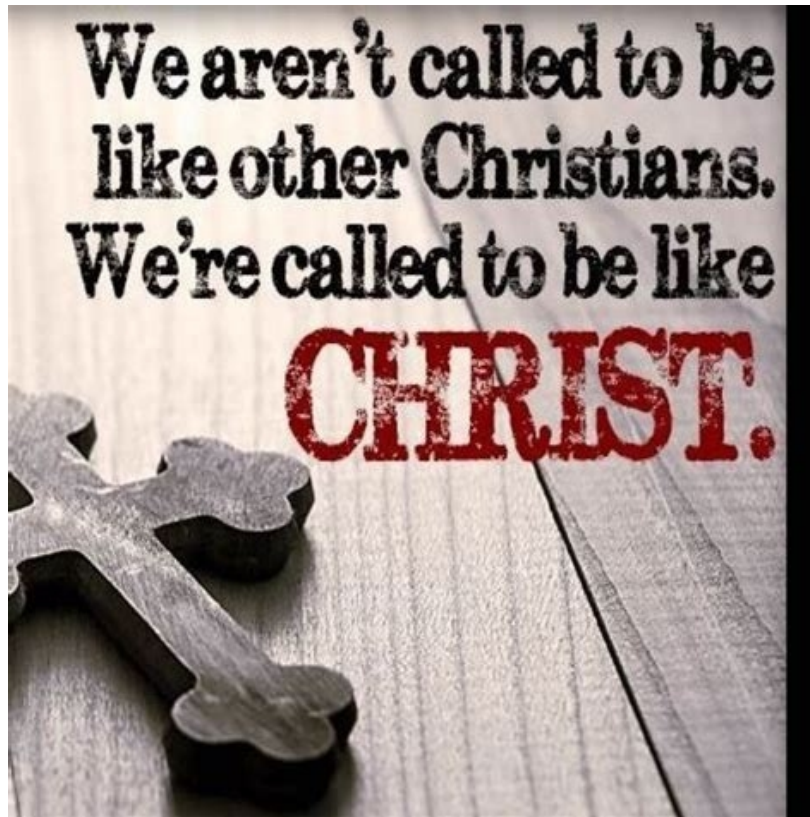


If you have done something wrong to someone else, would you want that person to forgive you? Then...jump in and bear the burdens of someone's sin against you by forgiving them.



If you see someone that has any kind of burden, think of how you would want to be helped and go and help them like that!

Love your neighbor the way you would want to be loved.
Bear ONE another's burdens and so be like Jesus to others!



Do we always feel like helping others bear their burdens?

We don't always feel like it, do we? But we're loving God and loving our neighbor and fulfilling the law of Christ when we do.

And that makes Jesus—*and you*--happy. :)

