


Day 1

 Please pray for holy guidance and insight before you begin today's study.

Carry Each Other's Burdens


¹ Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.

Q1. Why does Paul warn the Galatians, “watch yourself, or you also may be tempted”?

Q2. How might “you who are spiritual” gently restore a sinner?

Proverbs 16:24 [English Standard Version (ESV)]

Gracious words are like a honeycomb, sweetness to the soul and health to the body.

 The Apostle Paul teaches in [1 Corinthians 5](#) that Believers are to confront sin in the church. We must police ourselves so that the “yeast” of evil does not work its way through the whole batch of dough. (Is the sin fundamental or inconsequential? Is it an opinion?) Paul’s teaching in verse 1 (↑) harmonizes with Jesus’ teaching in Matthew 18:15 (↓). As Paul stated, we should attempt to “restore [the sinner] gently,” because kindness is much more effective than dogmatic confrontation. However, if gentleness is not effective, then Christ Jesus outlines additional steps we are to follow, which are captured in the Matthew 18:15-17 passage (↓).

Matthew 18:15-17 [NIV-1984] [Jesus teaches how Believers should resolve conflict.]

¹⁵ "If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. ¹⁶ But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.' ¹⁷ If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, treat him as you would a pagan or a tax collector.

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² Carry each other's burdens, and in this way you will fulfill the law of Christ.

Q3. What does “carry each other's burdens” mean to you?

Romans 15:1-7 [The Message (MSG)]

¹⁻² Those of us who are strong and able in the faith need to step in and lend a hand to those who falter, and not just do what is most convenient for us. Strength is for service, not status. Each one of us needs to look after the good of the people around us, asking ourselves, “How can I help?”

³⁻⁶ That’s exactly what Jesus did. He didn’t make it easy for himself by avoiding people’s troubles, but waded right in and helped out. “I took on the troubles of the troubled,” is the way Scripture puts it. Even if it was written in Scripture long ago, you can be sure it’s written for us. God wants the combination of his steady, constant calling and warm, personal counsel in Scripture to come to characterize us, keeping us alert for whatever he will do next. May our dependably steady and warmly personal God develop maturity in you so that you get along with each other as well as Jesus gets along with us all. Then we’ll be a choir — not our voices only, but our very lives singing in harmony in a stunning anthem to the God and Father of our Master Jesus!

⁷ So reach out and welcome one another to God’s glory. Jesus did it; now you do it!

Q4. Since our worldly culture idolizes independence, self-reliance, and an attitude of ‘pull-yourself-up-by-your-bootstraps’, is it difficult to share our troubles with another?

Yes? } Why?
No? }

Q5. If a fellow-Believer shares a trouble with you, is it difficult to listen and not judge? Why?

Q6. What is “the law of Christ”?


John 13:31-35 [J.B. Phillips New Testament (Phillips)]

When he had gone, Jesus spoke, “Now comes the glory of the Son of Man, and the glory of God in him! If God is glorified through him then God will glorify the Son of Man — and that without delay. Oh, my children, I am with you such a short time! You will look for me and I have to tell you as I told

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the Jews, ‘Where I am going, you cannot follow.’ Now I am giving you a new command — love one another. Just as I have loved you, so you must love one another. This is how all men will know that you are my disciples, because you have such love for one another.”

Day 2

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³ If anyone thinks he is something, when he is nothing, he deceives himself.


Q7. When a person “thinks [he or she] is something”, what human attribute comes to mind?

Proverbs 16:18 [The Message (MSG)]

First pride, then the crash — the bigger the ego, the harder the fall.

Philippians 2:3 [English Standard Version (ESV)]

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.


 Our worldly culture teaches ‘self-esteem’. While self-esteem is important, Christ Jesus wants us to serve others, to demonstrate His love for all, to draw others to Himself through our actions, our voice. If our importance, our standing is preeminent, then we may fail to witness to the person in front of us, we may fail to provide a kindness, we may fail to lend an ear and listen, we may fail to give a sip of water or share our sandwich. How shall we demonstrate Christ’s agapé love for you, for me, for us, to the people in front of us? Do we judge the person in front of us or do we obey “the law of Christ”? (Forgive me, Lord, I fail miserably; with Your help, I pledge to improve.)

⁴ Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, ⁵ for each one should carry his own load.

Q8. If we “test [our] own actions”, what should we use as the ‘answer key’ to the test?

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Q9. Why should we not compare ourselves to others?

 Jesus told a parable in which a landowner – early in the morning – hired laborers for his vineyard. They agreed to work for him for a denarius (the usual daily wage of a day laborer). Later in the day the landowner needed more laborers, so he hired them for a denarius, also.


At the end of the work day, the landowner called the latecomers first and paid them a denarius. Then, he paid the early-in-the-day laborers a denarius, too, as they had agreed.

The early-in-the-day laborers objected and thought that they should be paid more for the additional work that they had performed.

Matthew 20:13-16 [J.B. Phillips New Testament (PHILLIPS)]

¹³⁻¹⁵ “But he [the landowner] replied to one of them, ‘My friend, I’m not being unjust to you. Wasn’t our agreement for a [denarius] a day? Take your money and go home. It is my wish to give the latecomers as much as I give you. May I not do what I like with what belongs to me? Must you be jealous because I am generous?’

¹⁶ “So, many who are the last now will be the first then and the first last.”

 There is an application for us in this parable. If you believe in the saving grace of Christ Jesus, you will be paid the same as the greatest missionary of our time: eternal life in Paradise with our Lord. Praise Jesus!

At the end of our life in this world, God does not look at us and say “Why didn’t you serve Me like so-and-so; now there is a good person?”

If anything, He will look at us and say, “I gave you these talents; how did you use them to minister to those people I brought to you?”

Q10. How are we to determine our “own load” (burdens) that we are to carry?

Matthew 11:28-30 [The Message (MSG)]

²⁸⁻³⁰ “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Romans 12:1-2 [English Standard Version (ESV)]


¹ I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Ephesians 2:10 [NIV-1984]

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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Day 3


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6 Anyone who receives instruction in the word must share all good things with his instructor.

Q11. Why would Paul direct people to “share all good things with his instructor”?

Matthew 6:2-4 [J.B. Phillips New Testament (PHILLIPS)]

“So, when you do good to other people, don’t hire a trumpeter to go in front of you — like those play-actors in the synagogues and streets who make sure that men admire them. Believe me, they have had all the reward they are going to get! No, when you give to charity, don’t even let your left hand know what your right hand is doing, so that your giving may be secret. Your Father who knows all secrets will reward you.

 In the early church ministers/preachers/teachers were destitute as they built the infant church. For example, Paul’s vocation was tent-making (Acts 18:3) and he earned his own living, while preaching. From Paul’s perspective he earned his own way so that he would not be a burden upon his church of infant believers or to be accused of profiting from their generosity.

Paul probably wrote verse 6 as a reminder to the student to share any contributions they may receive with their teacher(s).

7 Do not be deceived: God cannot be mocked. A man reaps what he sows.

Q12. How do we know this is true: “God cannot be mocked”?

James 5:1-3 [The Message (MSG)]

¹⁻³ And a final word to you arrogant rich: Take some lessons in lament. You’ll need buckets for the tears when the crash comes upon you. Your money is corrupt and your fine clothes stink. Your greedy luxuries are a cancer in your gut, destroying your life from within. You thought you were piling up wealth. What you’ve piled up is judgment.

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1 Timothy 6:9-10 [The Message (MSG)]

⁹⁻¹⁰ But if it's only money these leaders are after, they'll self-destruct in no time. Lust for money brings trouble and nothing but trouble. Going down that path, some lose their footing in the faith completely and live to regret it bitterly ever after.

1 Timothy 6:17-19 [English Standard Version (ESV)]

¹⁷ As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. ¹⁸ They are to do good, to be rich in good works, to be generous and ready to share, ¹⁹ thus storing up treasure for themselves as a good foundation for the future, so that they may take hold of that which is truly life.

Q13. What is meant by a person “reaps what he [or she] sows”?

Leviticus 19:13 [The Message (MSG)]

“Don’t exploit your friend or rob him. “Don’t hold back the wages of a hired hand overnight.

James 5:4-6 [The Message (MSG)]

⁴⁻⁶ All the workers you’ve exploited and cheated cry out for judgment. The groans of the workers you used and abused are a roar in the ears of the Master Avenger. You’ve looted the earth and lived it up. But all you’ll have to show for it is a fatter than usual corpse. In fact, what you’ve done is condemn and murder perfectly good persons, who stand there and take it.

Jeremiah 22:13 [English Standard Version (ESV)]

“Woe to him who builds his house by unrighteousness, and his upper rooms by injustice, who makes his neighbor serve him for nothing and does not give him his wages,

Colossians 4:1 [The Message (MSG)]

And masters, treat your servants considerately. Be fair with them. Don’t forget for a minute that you, too, serve a Master — God in heaven.

Proverbs 3:27-29 [The Message (MSG)]

²⁷⁻²⁹ Never walk away from someone who deserves help; your hand is God’s hand for that person. Don’t tell your neighbor “Maybe some other time” or “Try me tomorrow” when the money’s right there in your pocket. Don’t figure ways of taking advantage of your neighbor when he’s sitting there trusting and unsuspecting.

Romans 4:4 [NIV-1984]

Now when a man works, his wages are not credited to him as a gift, but as an obligation.

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⁸ The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

Q14. It seems as if the wealthy and powerful squish the little people as they amass more and more wealth. They seem happy, quite content. How “will [they] reap destruction”?

Ecclesiastes 5:10-17 [The Message (MSG)]

¹⁰ The one who loves money is never satisfied with money, nor the one who loves wealth with big profits. More smoke. ¹¹ The more loot you get, the more looters show up. And what fun is that — to be robbed in broad daylight? ¹² Hard and honest work earns a good night’s sleep, whether supper is beans or steak. But a rich man’s belly gives him insomnia.

¹³⁻¹⁷ Here’s a piece of bad luck I’ve seen happen: a man hoards far more wealth than is good for him and then loses it all in a bad business deal. He fathered a child but hasn’t a cent left to give him. He arrived naked from the womb of his mother; He’ll leave in the same condition — with nothing. This is bad luck, for sure — naked he came, naked he went. So, what was the point of working for a salary of smoke? All for a miserable life spent in the dark?

James 5:1-3 [NIV-1984]

¹ Now listen, you rich people, weep and wail because of the misery that is coming upon you. ² Your wealth has rotted, and moths have eaten your clothes. ³ Your gold and silver are corroded. Their corrosion will testify against you and eat your flesh like fire. You have hoarded wealth in the last days.

Q15. How might we “[sow] to please [our] sinful nature”?


Galatians 6:7-8 [The Message (MSG)]

Don’t be misled: No one makes a fool of God. What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others — ignoring God! — harvests a crop of weeds. All he’ll have to show for his life is weeds! But the one who plants in response to God, letting God’s Spirit do the growth work in him, harvests a crop of real life, eternal life.

Q16. How might we “[sow] to please the Spirit”?

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Day 4


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⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Q17. Is it easy to give-up? What might “weary” us?

Give-up?

Weary (or exhaust)?

 Sometimes we are our own worst enemy. In doing our best for God and to the non-believers to whom we are ministering, we may become discouraged by the non-believer's hostility toward God and to the message we are attempting to share. Discouragement is a natural human trait. However, we must remember that the non-believer is rejecting God – the God we love – and we must do our best to not take the rejection personally. See 1 Samuel 8:7 and Luke 10:16 (↓). We must continue to love and care for the non-believer and, perhaps, through our continued friendship and prayers for their salvation, the non-believer will become amenable to your message (or to another Believer God may bring into the non-believer's life).

1 Samuel 8:7 [English Standard Version (ESV)]

And the Lord said to Samuel, “Obey the voice of the people in all that they say to you, for they have not rejected you, but they have rejected me . . .

Luke 10:16 [The Message (MSG)] [Jesus said:]

“The one who listens to you, listens to me. The one who rejects you, rejects me. And rejecting me is the same as rejecting God, who sent me.”

Romans 2:12-16 [The Message (MSG)]

¹²⁻¹³ If you sin without knowing what you're doing, God takes that into account. But if you sin knowing full well what you're doing, that's a different story entirely. Merely hearing God's law is a waste of your time if you don't do what he commands. Doing, not hearing, is what makes the difference with God.


¹⁴⁻¹⁶ When outsiders who have never heard of God's law follow it more or less by instinct, they confirm its truth by their obedience. They show that God's law is not something alien, imposed on us from without, but woven into the very fabric of our creation. There is something deep within them that echoes God's yes and no, right and wrong. Their response to God's yes and no will become public knowledge on the day God makes his final decision about every man and woman. The Message from God that I proclaim through Jesus Christ takes into account all these differences.

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¹⁰ Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.


Q18. Why should we take care of “those who belong to the family of believers”? Shouldn’t they be able to take care of themselves due to their beliefs?

Day 5

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Final Warning

¹¹ See what large letters I use as I write to you with my own hand!

 The precise meaning of verse 11 is unknown. While Paul usually dictated his letters to a secretary (an amanuensis), he may have included this sentence to emphasize that this letter and the words and thoughts contained therein are genuinely his.

¹² Those who want to make a good impression outwardly are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ.

Q19. Who (or what) is the persecutor (“to avoid being persecuted”)?

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Q20. It is human nature to want “to make a good impression.” Whom do the Judaizers want to impress?

Q21. What is the motivation behind the Judaizers focus to “[try] to compel you to be circumcised”?

^{13a} Not even those who are circumcised obey the law, ^{13b} yet they want you to be circumcised that they may boast about your flesh.

Q22. How do we know the truth of verse 13^a?

Q23. Why might circumcision provide the Judaizers with bragging rights (verse 13^b)?

^{14a} May I never boast except in the cross of our Lord Jesus Christ, ^{14b} through which the world has been crucified to me, and I to the world.

Q24. Why would Paul want to “boast . . . in the cross of our Lord Jesus Christ”?

Q25. How do you explain verse 14b?

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✎ “The object of Paul here is evidently to place himself in contrast with the Judaizing teachers, and to show his determined purpose to glory in nothing else but the cross of Christ. Well, they knew that he had as much occasion for glorying in the things pertaining to the flesh, or in the observance of external rites and customs, as any of them. He had been circumcised. He had had all the advantages of accurate training in the knowledge of the Jewish law. He had entered on life with uncommon advantages. He had evinced a zeal that was not surpassed by any of them; and his life, so far as conformity to the religion in which he had been trained was concerned, was blameless; Philippians 3:4-8. This must have been to a great extent known to the Galatians; and by placing his own conduct in strong contrast with that of the Judaizing teachers, and showing that he had no ground of confidence in himself, he designed to bring back the minds of the Galatians to simple dependence on the cross.

“That I should glory - That I should boast; or that I should rely on anything else. Others glory in their conformity to the laws of Moses; others in their zeal, or their talents, or their learning, or their orthodoxy; others in their wealth, or their accomplishments; others in their family alliances, and their birth; but the supreme boast and glorying of a Christian is in the cross of Christ.

“In the cross of our Lord Jesus Christ - In Jesus the crucified Messiah. It is a subject of rejoicing and glorying that we have such a Saviour. The world looked upon him with contempt; and the cross was a stumbling-block to the Jew, and folly to the Greek. . . But to the Christian, that cross is the subject of glorying.” [©1834, *Notes on the Bible* by Albert Barnes. <https://biblehub.com/commentaries/galatians/6-14.htm>]

15 Neither circumcision nor uncircumcision means anything; what counts is a new creation.

Q26. What is a “new creation”?

Q27. Are you a “new creation”?


Yes? }
No? } Why?

2 Corinthians 16-17 [English Standard Version (ESV)]

¹⁶ From now on, therefore, we regard no one according to the flesh. Even though we once regarded Christ according to the flesh, we regard him thus no longer. ¹⁷ Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

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Day 6

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Benediction

¹⁶ Peace and mercy to all who follow this rule, even to the Israel of God.

Q28. As you think about the previous chapters and verses, what is “this rule” that Paul references (e.g., see verse 15 ↑)?

 Rule: “The Apostle confines his benediction to those who hold the fundamental truths of Christianity — i.e., here more especially, the doctrine of justification by faith and the spiritual view of Christianity connected with it, as opposed to the merely external and mechanical system of the Judaizers.” [©about 1880, Ellicott's Commentary for English Readers, edited by Charles J Ellicott. <https://biblehub.com/commentaries/galatians/6-16.htm>]

Q29. To what does “the Israel of God” reference? Why might Paul single-out this people-group?

¹⁷ Finally, let no one cause me trouble, for I bear on my body the marks of Jesus.


Q30. What does Paul mean when he writes “I bear on my body the marks of Jesus”?

 Paul endured so much hardship for the Lord. If the Lord Christ Jesus was a fairy tale, no human would have suffered for a lie to the extent of the Apostle Paul.

Throughout his ministry Paul had to contend with the Judaizers. He wrote this letter that we are studying to the Galatians; he wrote letters to the Corinthians (1st and 2nd Corinthians). And in these letters, he corrected the Judaizers’ influence and wrong teaching.

Additionally, in 2nd Corinthians he listed his impeccable Jewish credentials and then detailed the trials he suffered as he preached the Gospel of Christ Jesus. These were undoubtedly the trials for which he referenced in verse 17: “for I bear on my body the marks of Jesus”.

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 “The exact details of St. Paul’s death are unknown, but tradition holds that he was beheaded in Rome and thus died as a martyr for his faith. His death was perhaps part of the executions of Christians ordered by the Roman emperor Nero following the great fire in the city in 64 CE. It is known that St. Paul was imprisoned in Rome and wrote several of his epistles (letters) during his captivity there.” [©2023 Encyclopædia Britannica, Inc. <https://www.britannica.com/question/How-did-St-Paul-the-Apostle-die#:~:text=The%20exact%20details%20of%20St,the%20city%20in%2064%20CE.>]

2 Corinthians 11:22-33 [J.B. Phillips New Testament (PHILLIPS)]

²² Are they Hebrews? So am I. Are they Israelites? So am I. Are they descendants of Abraham? So am I.

²³ Are they ministers of Christ? I have more claim to this title than they. This is a silly game but look at this list: I have worked harder than any of them. I have served more prison sentences! I have been beaten times without number. I have faced death again and again.

²⁴ I have been beaten the regulation thirty-nine stripes by the Jews five times.

²⁵ I have been beaten with rods three times. I have been stoned once. I have been shipwrecked three times. I have been twenty-four hours in the open sea.

²⁶⁻²⁷ In my travels I have been in constant danger from rivers and floods, from bandits, from my own countrymen, and from pagans. I have faced danger in city streets, danger in the desert, danger on the high seas, danger among false Christians. I have known exhaustion, pain, long vigils, hunger, and thirst, going without meals, cold, and lack of clothing.

²⁸⁻²⁹ Apart from all external trials I have the daily burden of responsibility for all the churches. Do you think anyone is weak without my feeling his weakness? Does anyone have his faith upset without my longing to restore him?

³⁰⁻³¹ Oh, if I am going to boast, let me boast of the things which have shown up my weakness! The God and Father of our Lord Jesus Christ, he who is blessed forever, knows that I speak the simple truth.

³²⁻³³ In Damascus, the town governor, acting by King Aretas’ order had men out to arrest me. I escaped by climbing through a window and being let down the wall in a basket. That’s the sort of dignified exit I can boast about.

¹⁸ The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.

Q31. Review: what is one take-away from this Letter to the Galatians that you will remember?

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