



Session #1— August 2, 2026

Title: Weight-Bearing Love

Theme: TRAPS

Scripture: Galatians 6:1-5 (NIV)

Objective: To instruct believers on how to practically amplify a Spirit-led life through restoration, mutual support and personal accountability.

Outreach from Previous Week:

Can you think of a time when remembering something God did for you caused you to be overcome with joy and thankfulness? Please share.

Training Text: Galatians 6:1-5 (NIV)

¹ Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. ² Carry each other's burdens, and in this way you will fulfill the law of Christ. ³ If anyone thinks they are something when they are not, they deceive themselves. ⁴ Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, ⁵ for each one should carry their own load.

over, please

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Scripture Discussion | Galatians 6:1

- How does Paul define who should do the restoring?
 - Describe the precaution.
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Scripture Discussion | Galatians 6:2-3

- How are believers instructed to support each other?
 - What are the precautionary measures that should be taken?
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Scripture Discussion | Galatians 6:4-5

- Why does Paul urge readers to evaluate their own work honestly?
 - Why is it important not to make comparisons?
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Discussion Questions:

- Where are you currently tempted to compare your progress (spiritually, professionally or relationally) to someone else's?

- How does it change your perspective to know we are called to *both* carry heavy burdens for others *and* manage our own daily responsibilities?

- What does it look like for you to "test your own actions?"

Next Week's Scripture: Galatians 1:1-5 (NIV)

Outreach:

Ask two people the following question: Why is it important not to make comparisons between yourself and others regarding spirituality?

Report your results in the group next week.