

Heavy Lifting: Galatians 6:1-2
Family Dynamics
Bread of Life Church: Daniel Low (07.12.2026)

Real family steps in when sin trips us up or anxiety weighs us down.

1. Real Family Gently Restores Us When We Have Sinned Against God, 6:1

a. The critical situation

in light of the immediate context that precedes this command (Galatians 5: works of the flesh/ fruit of the Spirit), we can get a little more specific on the situations that warrant intervention

b. The Spiritual intervention

Paul expects those who are Spiritual (keeping step with the Spirit and bearing his fruit) to restore those who are being controlled by the flesh

c. The personal recognition

the process of restoring our spiritual siblings also reminds us that we are just as vulnerable and susceptible to living under the influence of our flesh

2. Real Family Lovingly Supports Us When We Are Overwhelmed With Burdens, 6:2

a. Our responsibility as siblings in Christ

What are some burdens that we might be carrying?

b. Our accountability as disciples of Christ

How can we practice love by carrying each other's burdens?