

Food for Thought – Galatians 6:1-16
July 4, 2010

1. In his letter to the Galatians, Paul has much to say about putting what we say we believe into action. A part of that is “sharing the burdens of others.” Think about some times in your life when you’ve reached out to help others... What did it feel like?

2. Now let’s reverse it...Have you ever experienced someone helping *you* during difficult times? What did that feel like? Which one felt more comfortable? Why do you think that is?

3. We’ve all heard that saying, “you reap what we sow,” yet we probably don’t think much about it our daily lives. Most of us are just trying to keep up! But how would you describe what you’re planting in *your* life? How do you know? What do you hope will be the fruits of your efforts?

Father God, sometimes we’re the “helper” and sometimes we’re the “helped.” Never let us forget that we are all in this together, and all loved by You. In Jesus’ name, Amen.