

Galatians 6:1–5 — Leader / Learner Guide

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Big Idea and Context

Big idea: Spirit-led believers gently restore a brother caught in sin and help carry what is too heavy for him. Each believer still carries his own load and will give account for it before the Lord.

Chapter 6 puts walking in the Spirit (5:16–26) to work in the church body. Liberty now shows up as care for one another.

- **5:13–26:** walk in the Spirit, not the flesh.
- **6:1–5:** restore the fallen; carry burdens and your own load.
- **6:6–10:** sow to the Spirit; do good to all.

Burdens and Loads — Three Anchor Verses

Verse	What it says	Teaching point
6:1	You who are spiritual restore such a one in a spirit of gentleness	"Restore" means setting a bone or mending a net — bringing a believer back to usefulness.
6:2	Bear one another's burdens, and so fulfill the law of Christ	Baros: a weight too heavy to carry alone. The law of Christ is love (John 13:34; 14:15).
6:5	Each one shall bear his own load	Phortion: a soldier's pack — what each believer carries and will answer for at the judgment seat.

Believers still sin: James 3:2; 1 John 1:8–10. The remedy is confession, not penance.

Examine your work, not your salvation: assurance rests on God's promise. Self-examination is about service and reward (1 Cor 3; 2 Cor 5:10).

Teaching Flow

1. **Bear One Another's Burdens (1–3).** The sinning believer, overtaken by a trespass; the spiritual brother — one walking in the Spirit — goes to him, not to others; the goal is restoration; the posture is gentleness, watching yourself (1 Cor 10:12–13). Don't think yourself something.
2. **Bear Your Own Burden (4–5).** Examine your own work, not someone else's; rejoice in finishing your own course (2 Tim 4:7); each one carries his own load to the judgment seat.

Clarify While Teaching

- **The body passage:** the hand, foot, and eye are in 1 Corinthians 12:14–25. Ephesians 4:16 and Colossians call the church a body too.
- **"Yield Not to Temptation":** Horatio R. Palmer wrote this hymn (1868), not Fanny Crosby.
- **Healed bones:** the idea that a healed break can't break again in the same place is a common belief, not a medical fact.
- **"Caught" (6:1):** Sellers takes this as overtaken by sin, not discovered in the act. Both are possible readings.
- **Prayer requests:** his warning about gossip disguised as prayer is about going to the person first, not about never sharing a need.

Discussion and Close

1. When a fellow believer falls, what is your first instinct — to tell others, or to go help restore him?
2. What makes it hard to restore someone "in a spirit of gentleness"?
3. If you examined your own work this week, what would you see? Are you using the gifts God gave you?

Close: Point ahead to 6:6–10: God is not mocked — whatever a man sows, that he will also reap. The Christian army should not shoot its wounded.

Full study: [Brothers and Burdens — Galatians 6:1–5](#) · Source: Dr. C. Norman Sellers, [SellersBibleInstitute.com](#)