

## Relationship Based



### Worship

Here's an idea I pinched from Derek...

Try to create an 'Alphabet of Praise'. In your group, call out as many qualities or attributes of God as you can think of that start with 'A' ('Awesome', 'Amazing'... and so on). Then go on to 'B' and work through the alphabet. When we tried this at a prayer meeting we only got stuck on 'X' – see if your group can do better.

When you have got to the end, take a few minutes to thank God for some of the things you have mentioned.



### Bible Study

Discuss together: Are you a person who finds it easy to ask others for help, or do you prefer to be able to get by on your own?

Read Galatians 6:1-5

- Try to come up with a description of the person who is 'spiritual' in the sense that Paul means here.
- What temptations might confront someone who sees someone else's sin?
- What kind of burdens might Paul be talking about here? (The word translated as 'burden' refers to a heavy weight – too much for one person to carry.)
- What is the 'law of Christ' that Paul talks about?
- Paul tells us that this law is fulfilled when we 'carry each other's burdens' – what do you think he means by this?
- How do we get the right balance between sharing our burdens (v.2) and taking responsibility for carrying our own load (v.5)? (The word 'load' refers to a soldier's back-pack – one person's load.)



### Reflection

Think about your own group, and discuss together honestly...

- How open are we, really, about where we are in our relationship with God?
- Is this group a place where I could be honest about my spiritual struggles?
- How can we go about building the kind of relationships which will enable us to better bear each other's burdens?



### Prayer

Are there people in the group who are carrying burdens that ought to be shared? Allow time for individuals to share as much or as little as they are comfortable with about their situation, and then as a group gather around each person who has shared a burden and pray for them. God may well speak as you pray, so be ready to listen as well as talk!

Each person praying can also be asking the Lord "Is this a burden that you want me to play my part in carrying?" It may be a commitment to pray regularly, it may be a phone-call or visit to support someone going through a hard time, or it may be some practical action to help out. How can we bear one another's burdens...?