

- What's the difference between responsibly "bearing my own load" and overload?
- What weights do we take on as modern men that very well may lead to overload?



- Is overload sometimes worn by modern men as a "badge of honor"? If so, why?
- Does overload pose a potentially serious threat to discipleship? If so, in what ways?

By God's Design...

- ❖ We need _____ (Gen 2:1-3; Exo 20:8-10; Psa 127:1-2; Mark 2:27; 6:30-31)
- ❖ We need _____ (Psa 46:8-11; 23:1-3; 1:1-3; 61:1-3)
- ❖ We need _____ (Matt 4:4; Luke 5:15-16; Heb 10:23-25)
- ❖ We need to periodically _____ (Exo 18:17-18; 2 Cor 13:5) and _____ (Luke 8:7, 14)
- ❖ We need a _____ (Matt 11:28-30)

Galatians 6:1-10

Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each will have to bear his own load.

Let the one who is taught the word share all good things with the one who teaches. Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.