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**Sharing Burdens: Day 20**

1 message

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**The Gathering** <hello@shelbyraeturner.com>  
To: theresaboedeker@gmail.com

Fri, Jan 29, 2021 at 6:00 AM

# W I L D H O P E

A Study of the Good and Unstoppable Plans of God

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DAY  
20

## Sharing Burdens

*"Bear one another's burdens, and so fulfill the law of Christ."*

*Galatians 6:2*

I was moments from leaving for a visit to my sister's, when I received an email from my doctor.

The email said that my cholesterol was higher than she wanted. Retest in a few months, she said, and in the meantime, take steps to reduce it.

This was not how I wanted to start my day.

Nor did she mention what my numbers were.

I started the eight-hour drive to my sister's wondering if she was talking about eating an extra bowl of oatmeal a week? Or cutting out any food that remotely tasted good?

I worried and fretted. My numbers had always been low. Why were they now high?

A friend called. I told her about the email. It felt good to talk about it. To share my concerns.

She said what I needed to hear, what I had been unable to tell myself. "Don't worry about the numbers until you get them in a few days, and instead focus on having fun with your sister."

Voicing my concerns deflated my fears.

This is why we are told to share our burdens with others. And in turn, listen to and hold space for their burdens.

Burdens are things that weigh us down. They may be lies we believe. Concerns for others and our self. Worries. Fears. Our past. Problems. Sins. Those things that seems like rocks on our shoulders that are growing bigger by the hour.

We share them, distributing the weight between us. Communicating encouragement and truth as we become God's hands and mouth.

We are not meant to carry our burdens alone. That's why God says to share them with trusted others. That's step one.

But carrying our burdens and the burdens of others gets heavy. Our minds and shoulders can only carry so much before we are stooping forward unable to lift our head and see into the distance.

Step two is to pass the burdens on, ours and others, to the ultimate holder and carrier of burdens. Releasing them to Christ who willingly takes our burdens and carries them for us. This allows us to have the capacity to help relieve the burdens of others.

I am good with step one. But fail in step two. Which results in me carrying more burdens than are good for me. Which makes me not want to bear other people's burdens.

Only if we are passing the burdens onto Christ, who permanently carries them, can we keep faithfully bearing one another's burdens. This allows us to walk in freedom and frees us to help others.

Lord, help me share my burdens with trusted people and be a willing participant to help carry the burdens of others. Let me never forget, though, that You ultimately want to carry all our burdens and weights in this life. In Your son's name, amen.

Theresa Boedeker is a storyteller, humor hunter, and encourager of others. She tells stories to connect us to each other, bring hope, spread grace, and help us understand this lovely adventure called life. Join her as she unwraps life at [TheresaBoedeker.com](http://TheresaBoedeker.com) and reminds you what's important about life, yourself, and grace.

All week we'll be posting Jesus-centered and hope-filled content on our Instagram and Facebook pages. Be sure you're following us there!

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### **SMALL GROUPS**

Don't forget to connect with your virtual small group!  
Check out our linked small group guide for tips.

#### *THURSDAY'S PROMPT*

Think about the people in your life. Is there someone around you that is walking through a similar hardship or trial that you have walked through? How could you use your experience to encourage and strengthen them?

[SMALL GROUP WEEKLY GUIDE](#)

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### **IN CASE YOU MISSED IT**

Rachel Marie Kang shared her story of believing in God's goodness despite her hardships and the winding path she's walked to find her calling and purpose as a writer. You don't want to miss it, it will inspire you!

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