

GROUP DISCUSSION GUIDE

November 16, 2025

SPIN CYCLE
Differentiation
Galatians 6:1-5
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NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

Pastor Chris reminded us about the difference between bearing one another's burdens and actually carrying another person's load. When we practice *differentiation*, we are able to show compassion, while remaining distinct and separate from the life responsibilities of others.

MY STORY

Describe the last time someone bore your burden along with you. How did that act of compassion change your relationship with that person? How well did that person leaving the responsibility for the problem with you?

WHAT DOES GOD WANT US TO HEAR?

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. (Galatians 6:1-5)

What distinction is Paul making here when he says "bear one another's burdens" but then, "each will have to bear his own load"?

How would Paul say that this especially true when someone is caught up in the consequences of a sinful decision?

How would "testing your own work" help you to distinguish what is your responsibility, and what responsibility belongs to someone else?

What does God want us to hear? What are some of the more factual takeaways from this passage for you?



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WHAT DOES GOD WANT US TO DO?

What did Pastor Chris say was the significant difference between “bearing” and “carrying”?

How can you catch a person’s anxiety when you start *carrying* his or her load, instead of simply bearing a burden with that individual?

How is anxiety diminished when there is clear “responsibility-assignments” during a time of crisis?

What does God want us to do? Flowing out of our reading and new understanding, how is the Holy Spirit nudging us?

WHAT DOES GOD WANT ME TO DO?

What are some creative ways to say “no” to someone who is asking you, or expecting you, to take responsibility for a problem that ultimately belongs to no one else but him or her?

At the same time, how you could also show compassion to that person, and help him or her to bear the burden without picking it up and carrying it?

Put these plans into action this week for someone with whom you’re in this sensitive situation.

What does God want ME to do? Based on your answers to these questions, toward what creative actions is the Holy Spirit leading you?