

Friendship Deeds, From A-Z



Let Each Other Know When You Feel So-So...

Galatians 6:2

“Carry each other's heavy loads.

If you do, you will give the law of Christ its full meaning.”

If your mom was struggling to get the laundry basket down the stairs, would you help her? Of course you would! If you saw the baseball coach trying to get 2 heavy equipment bags into the back of his truck, I'll bet you'd lift a hand there, too. Now, on the other side of these questions, what would you do if YOU were the one carrying the laundry or the equipment bag? Would you ask someone else to come alongside you and make the load lighter?

Galatians 6:2 teaches that the Lord wants us to help each other carry our heavy loads--not just the physical ones, but the emotional and spiritual ones as well. That means when you're having a sad day, your friends can help cheer you up. And when you're having a difficult time obeying God or your parents or your teachers, a true friend will pray for you and encourage you to do the right thing in those situations, too. Why? Because if we share our burdens with each other and help one another with them, we are giving the law of Christ its full meaning—which means we are carrying each other's burdens the same way Jesus carried our sins to the cross. That is the truest love of all to share as Christian friends.

It's ok to tell your friends and family when you are feeling sad or if you need prayer for a sin or a difficult situation. And likewise, when you see a friend or family having a rainy day, share your umbrella until the rain, rain goes away. That means pray for them, encourage them, read them a verse out of the Bible that might help them. So, let each other know when you feel so-so.....and in the process, your Christian life AND your friendships will grow!

C.S. LEWIS:

**“FRIENDSHIP IS BORN AT THAT MOMENT WHEN ONE PERSON SAYS TO ANOTHER:
'WHAT! YOU, TOO? THOUGHT I WAS THE ONLY ONE.'”**

Discuss the following questions with your parent/s:

- 1. What are some ways others have helped you carry your heavy loads in the past?**
- 2. When is the right time to share your problems and when is the wrong time?**
- 3. Who should I go to first with my burdens? (Read 1 Peter 5:7 & Psalm 55:22)**
- 4. What do I do when a friend shares something with me that confuses me or causes me to worry?**

Hold your horses, can you solve M's puzzle? What do you get when you cross a mouth with a muzzle?