

# One Another

Huddle 6 – *Share One Another's Burdens*



## SETTING THE ATMOSPHERE

As children arrive, collect the "In" slips and see which grade they are in for their huddle teams. Remember to check all slips to make sure children are to be in Up & Out this hour.

### Team Time

Each team leader should spend time getting a conversation started within the team to find out more about each child. Spend time today discussing the following questions up front...

- Does anyone have an example of how they tried to live in harmony with others last week?
- Anyone ever been camping or carried a really heavy backpack?

#### Huddle Teams

- 1st & 2nd grade girls
- 1st & 2nd grade boys
- 3rd & 4th grade girls
- 3rd & 4th grade boys

### Opening Prayer

Leader prays for the group.

## LESSON HUDDLE

Let's all come over together and get started this morning. Good morning, Up & Out! Where we look up (pause for the group to respond) **TO GOD** and look out (Pause) **TO OTHERS**.

Let's say our Bible verse for Up & Out: "Jesus replied, 'You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' Matthew 22:37-39.

Last week we talked about living in harmony with one another. This means being like-minded with others. Does anyone have an example from their week to share with the group about how they practiced living in harmony with others?

This week we get to talk about the opportunity God gives us to share one another's burdens.

Has anyone ever carried something so heavy you could barely manage it by yourself? But if you had someone help you the load wouldn't seem so heavy, right?

A burden is a heavy load you have to carry around with you that weighs you down. Burdens can be things like our own sin, the sin of others, or sadness about something that has happened to us. Burdens are like a heavy backpack filled up with heavy things. This heavy backpack is usually always with us. Each and every one of us has some thing(s) burdening us.

Let's read Galatians 6:

"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. <sup>2</sup> Share each other's burdens, and in this way obey the law of Christ. <sup>3</sup> If you think you are too important to help someone, you are only fooling yourself. You are not that important."

Is there anything in your life that you can think of that is burdening you? Think about a heavy backpack that slows you down and hurts your back. If you took some stuff out of your backpack and had a friend to share it with, they could carry some too, making your load lighter. God doesn't want for us to carry the weight of this life all by ourselves. That's one of the reasons he has given us one another. Other believers are the ones who will give us a hand with our burdens, our "heavy backpacks full of life's hard stuff."

Why do you think we are told to share each other's burdens? (*Jesus shares our burdens.*)

We aren't supposed to share our burdens with each other just because it's the "right thing to do." No, there's another reason our hearts should want to help one another in this way. God himself, in His son Jesus, came to share in our burdens. Our lives were made heavy by the weight of sin and death, but Jesus came to earth to share in our burdens. He lived a life as a human and felt all of the weight of what it means to be like us. But, He didn't stop there. Jesus took the burden of our sin, and he paid that price for us by dying the death we deserved to die! He took care of a burden for us, and now we are free to share in the burdens of others. Because Christ helped me in my burdens, I can help others in theirs. He made my "backpack" lighter, so that I could help do the same for other people.

Do you think praying for one another is a good idea? Who can tell us why we should pray for one another? Who is one person you would like to pray for?

Ideas like bearing one another's burdens and praying for one another are about looking first to others rather than ourselves. It means looking for ways to care for someone else's needs before I care for my own. Remember, what we say we do in Up & Out? "WE LOOK UP TO GOD, AND OUT TO OTHERS!" To share one another's burdens means taking time to see others' needs as important. We should step in and help others carry their load because Jesus helped us in that way!

Ask some of the children to pray or lead them in prayer. Pray that God will show them ways they can look out to others and open their eyes to the ways they can serve others. Pray that examples will be shown even during their time together in Up & Out.

*Huddle Up, Pray, & Break*

## ACTIVITY: Hot Potato Memory Verse Memorization

Supplies:

- Bean bag/small ball

Directions:

Have the children buddy up. Give each pair a bean bag or small ball to toss. Tell them to go back and forth, saying the words of the Bible verse until they can go faster and faster. You could even time them, doing it for one round, and see if they get faster each time.

“Jesus replied, ‘You must love the Lord your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: “Love your neighbor as yourself.’ Matthew 22:37–39.

## ACTIVITY: A Burden Backpack

Supplies:

- Brown paper bags (backpacks)

Directions

Have bags or a representative for a backpack ready for each child (brown paper bags). Attach strips of paper to one side to act as straps to make it look like a “backpack”. Kids can decorate the outside of the pack. Help the kids think about people they can “carry burdens” for. Some examples include a new kid in class, a friend that has experienced loss, or a sibling who has had a bad day. Have them write these names down on strips of paper with brief prayers if they can. Put them in the backpack. They can take the packs home and go through the names as a reminder to carry other’s burdens.



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