

***Galatians 6:1-10***

*Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks himself to be something, when he is nothing, he deceives himself. But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. For each one shall bear his own load. Let him who is taught the word share in all good things with him who teaches. Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.*

**Weight Watchers**

It would seem, with the overwhelming flood of calorie reduced food and fitness products that the whole world has become weight watchers. As much as being health conscious is good, for the believer in Christ there is another kind of weight watching to consider. Being reminded of Paul's letter to the Galatians, Christians are called upon to be spiritual weight watchers: "Bear ye one another's burdens, and so fulfil the law of Christ". (Galatians 6:2) Here the word burden (bar-os) refers to a heaviness or weight that presses down upon a person, certain troubling circumstances that crush a fellow believer.

The context of Galatians 6 suggests certain sins that a fellow Christian has fallen into which present a burden of circumstances seemingly insurmountable, in which believing friends draw close and out of love help that brother become restored to fellowship with God. This kind of "weight watching" involves a humble expression of love combined with a careful self examination of personal walk with God (Galatians 6:3-4).

The Lord is asking, through Paul, for every believer to be sensitive toward the weaknesses of others, and to carry that sensitivity with active concern as the fulfilment of "the law of Christ". This law was defined earlier in the epistle: "For, brethren, ye have been called unto liberty; only [use] not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, [even] in this; Thou shalt love thy neighbour as thyself". (Galatians 5:13-14) It has been stated that Christians are more inclined to shoot their wounded than treat them. Such was not the case with Christ who was willing to forgive the offender upon repentance rather than stone for the offence (John 8:1-11).

In this very same passage, believers are also urged to carry their own weight: "For every man shall bear his own burden". (Galatians 6:5) Here the word burden (for-tee-on) refers to the personal "burden of responsibility" that the Lord lays on each of His followers including this commitment to love. By privilege of new life, every Christian must carry their own God given responsibilities. However, lest any Christian become discouraged by these cares and turn from them, all should remember the words of Christ: "Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke [is] easy, and my burden is light". (Matthew 11). To be a Christian is to be joined (yoked) together with the one in whom all strength and love is found and therefore is to have available through Him the power to perform His work. Paul stated it this way: "I can do all things through Christ which strengthens me." (Philippians 4:13).

To a bell boy, weight is work, to a prospector, weight is wealth, to the believer, weight is both work and wealth. Fellow Christian, be a conscientious weight watcher.

***What is my response:***

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