

Week 4: Secondhand Spiraling

Main Passage: Galatians 6:2, 1 Thessalonians 2:8

Starting Point

- What stood out to you most from this week's message or conversation?
- Have you ever felt the weight of someone else's pain? How did it affect you?
- What's the difference between "carrying each other's burdens" and trying to fix someone?

Digging In

- Read Galatians 6:2. What does it mean to "carry each other's burdens" in a healthy way?
- Why is it so tempting to try to control or "rescue" someone from their spiral?
- What does Jennie's perspective on "being present" teach us about support?
- In what ways can our own brokenness actually help others who are hurting?
- Romans 7:15–25 captures Paul's struggle. How can acknowledging our own battles help us relate better to others?

Living It Out

- Who in your life might need your presence more than your solutions right now?
- What boundaries could help you care for others without burning out?
- How can you lean on God's strength this week instead of your own?
- What would it look like to walk in both compassion and clarity in this season?