

## **Support**

### **Ready:**

“Share each other’s burdens, and in this way obey the law of Christ.” Galatians 6:2

### **Set**

It’s max day at the gym. A day you push yourself to see the most amount of weight you can squat, lift, and pull. It will take all your physical and mental effort, and as the pounds increase, so does the effort. Just when you think you can’t handle the pressure anymore, you hear your teammates’ voices encouraging and cheering you on. Their energy gives you the boost you need for the final push, and you step away victorious; you’ve broken your max record this time!

The importance of having people stand by our side can never be stated enough. Often, it’s through the encouragement of others that we can find our greatest strength. We spur one another on, believe in each other’s abilities, and go through grueling seasons together because we know the effort to reach the end is worth it.

We need support to not just survive this life but thrive in it. We weren’t made to go through life alone, and when we have our people by our side, we often feel like we can accomplish anything. We get through unbearable workouts together, and we unite in the long hours committed to our sport.

Jesus showed us we’re better together. He traveled around with a group of followers who shared everything: food, living quarters, fears, miracles, and ministry. They were well connected, and what affected one person affected all. The disciples’ role was to take the teachings of Jesus into the world, and they relied heavily on the support, provision, and care of the early church.

Like the early church, we are to lift one another up in the light of Christ, spurring one another on to bring out the best in our hearts. We come alongside each other in the struggles, and we lighten the load as best we can. When we support one another, we bear each other’s weight. It can be a heavy load to try and carry the burdens of the day, which is why it’s helpful if we have another pair of shoulders or two to lift it.

When we love each other well, support comes naturally. When we take the time to care, it makes a world of a difference.

### **Go**

1. How did Jesus support the people around Him?
2. In what ways do you need support? In what ways can you support others?

3. Who can you support and encourage today?

### **Workout**

Ephesians 5:21; Colossians 3:14; 1 John 2:10

### **Overtime**

"Father, thank You that You have supported me all my life, even when I was not aware of it. Thank You that You are a strong tower and refuge, an ever-present help in times of need. Please help me to look for opportunities to support and encourage those who are on my team, in my home, and around me. Amen."

### **Bible Reference:**

Galatians 6:2

Ephesians 5:21

Colossians 3:14

1 John 2:10



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