**Help, I’ve Fallen, and I Can’t Get Up!**

Lending a helping hand to a fallen family member.

**Text**: **Galatians 6:1-5**, “Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. **2**Bear one another’s burdens, and so fulfill the law of Christ. **3**For if anyone thinks he is something, when he is nothing, he deceives himself. **4**But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. **5**For each will have to bear his own load. **English Standard Version**

*Lending a helping hand requires you to*…

**Point #1**: **Gently** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! **v.1a**

*Lending a helping hand requires you to*…

**Point #2**: **Recognize** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! **v.1b**

*Lending a helping hand requires you to*…

**Point #3**: **Humbly** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! **v.2-5**

**Corollary Verses**: Galatians 5:16-26; Romans 15:1; 2 Corinthians 2:7-8; 1 Corinthians 10:13; 10:12; Romans 13:14; John 13:34, 15:13; Matthew 7:3-5.

**Application Questions**

These questions are provided for your further study and application of today’s sermon. Thoughtfully writing out the answers to the questions listed below will assist you in gaining a better understanding of the point of this passage. Please be prepared to discuss your answers with your Home Fellowship Groups.

1.) Read **Galatians chapter 5** and then answer the following questions.. What problems is Paul addressing in the congregations of the churches at Galatia (Antioch, Iconium, Lystra, and Derbe. See vv.15, 26)? What is the divine solution to the relational problems? How does his comparing and contrasting of the two opposite behaviors help you prepare to lend a helping hand to others?

2.) Read **Romans 13:14** and then answer the following questions. What preventative measures can you employ to ensure that you won’t stumble when you are helping someone else get back on their spiritual feet?

3.) Read **Titus chapter 2** and then answer the following questions.. Are there gender specific instructions in this passage? What gender guidelines should be used when addressing a brother or sister in Christ who has stumbled into sin? Why is this a good idea?

4.) In **Matthew chapter 7 verses 3-5** and then answer the following questions. Jesus is preaching his famous Sermon on the Mount. What is one of the first things that a “Spiritual” Christian must do before lending a helping hand to a brother or sister who has stumbled into sin? Practically speaking, what does that look like?