

NOTES



PRAYER

"Heavenly Father, as we gather together, we seek Your presence and guidance. We thank You for the love that binds us together and for the opportunity to bear one another's burdens. As we dive into Your Word, help us to understand the importance of walking in proximity with one another, just as You walk closely with us. Teach us to care for each other, to lift one another up, and to live out Your love in practical ways. In Jesus' name, we pray. Amen."

OPENING QUESTION (OPTIONAL)

"What's a project you've worked on with others that required teamwork? What role did you play, and how did working together make the project successful?"

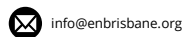
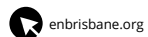


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WORD

"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. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbour. For each will have to bear his own load. Let the one who is taught the word share all good things with the one who teaches. Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith."

[Galatians 6:1-10 \(ESV\)](#)

In Galatians 6:1-10, Paul calls believers to live in proximity to one another, bearing each other's burdens and fulfilling the law of Christ. This passage highlights the importance of humility, accountability, and mutual support within the body of Christ.

The Gospel teaches us the power of proximity through three essential steps:

Come Down: Jesus exemplified proximity by coming down from heaven to dwell among us. He left His position in glory to walk alongside humanity, sharing in our sufferings and offering us salvation. As followers of Christ, we too are called to come down from our positions of comfort or superiority to be with the broken, the hurting, and our fellow believers.

Lay Down: In Matthew 11:28-30, Jesus invites us to lay down our burdens and find rest in Him. Just as Christ laid down His life for us, we are called to lay down our lives for others, serving them selflessly. This posture of humility allows us to find true rest in God, knowing that our worth and identity are secure in Him.

Raise Up: The resurrection power of Christ doesn't just lift us out of our sin and shame; it empowers us to raise others up as well. As we serve others, the same power that raised Jesus from the dead flows through us, enabling us to bring life, hope, and encouragement to those around us.

Living in proximity is about more than just physical closeness—it's about a heart posture that reflects Christ's love and sacrifice. It's about being willing to come down, lay down, and raise up others in the name of Jesus.

DISCUSSION QUESTIONS

((NUMBERED ACCORDING TO LEVEL OF DEPTH AND READINESS TO SHARE))

1. What does it mean for you to "come down" from your position to walk in proximity with others? How can we do this in practical ways within our community?
2. In what ways can laying down our lives for others lead to true rest, both for us and for those we serve?
3. How have you experienced the power of Christ raising you up in your own life? How can this experience motivate you to raise others up?
4. How can our LIFE GROUP intentionally practice coming down, laying down, and raising up in our relationships, both within our group and in the wider community?

"Lord Jesus, we acknowledge You as our Saviour, the One who came down from heaven, laid down His life, and raised us up to new life in You. We thank You for the gift of salvation and for the opportunity to walk in relationship with You and with one another. As we leave this place, may we be empowered to live out Your example—coming down from our positions, laying down our lives for others, and raising them up in Your love and power. Help us to bear each other's burdens and to do good to everyone, especially those in the household of faith. In Your precious name, we pray. Amen."