



Bread for the World 30/07/25

Opening Prayer

Scripture: Galatians 6.1-6

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfil the law of Christ. For if those who are nothing think they are something, they deceive themselves. All must test their own work; then that work, rather than their neighbour's work, will become a cause for pride. For all must carry their own loads. Those who are taught the word must share in all good things with their teacher.

Wonderings

- Tell about a time you bore your own burden.
- Tell about a time someone else carried your load for you.
- I wonder how it feels to be independent.
- I wonder how it feels to be dependent on others.