

## **This Is Us**

### **Part 3: Burden Carriers**

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In what ways, subtle or apparent, do people hide the mess and present the best?  
What are some common messes people want to hide?  
What is imposter syndrome?

#### **Read Romans 3:21-24 NIV**

21 But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. 22 This righteousness is given through faith in[a] Jesus Christ to all who believe. There is no difference between Jew and Gentile, 23 for all have sinned and fall short of the glory of God, 24 and all are justified freely by his grace through the redemption that came by Christ Jesus.

Paul says that all have sinned and fall short of the glory of God. Gabe said that is good news when it comes to imposter syndrome. Why is it?

If you have been a part of a community group, what benefits have you experienced?

Gabe said:

The mess you hide is so much easier to clean up when you realize everyone else has one too. Do you find this to be true? If so, why? How can a community group be a place where this can happen?

#### **Read Galatians 6:1-2 NIV**

Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. 2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

What does it mean to gently restore someone from a sin?

Do you have an easier time carrying someone else's burden, or letting them carry yours?  
What are some practical ways you can carry someone's burden?

What was it like for you hearing the struggles people were texting in during the message?