March 7, 2026

Week Four – Secondhand Spiraling

The greatest among you will be your servant.
Matthew 23:11 NIV

Share each other's burdens,
And in this way obey the law of Christ.
Galatians 6:2 NIV

Don't let your _____ to care

_____ you down.

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.
Galatians 6:9-10 NIV

An empty cup isn't just _____.

An empty cup means the person you _____

most deeply no longer has access to the

_____ _____ of you.

Discussion Questions

1. What part of this week's message impacted you the most?

2. Who in your life might need your presence more than your solutions right now?

3. What boundaries could help you care for others without burning out your soul?

4. How can you lean on God's strength this week instead of your own?

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
Matthew 11:28-30 NIV