

DAY 02 | CARRY EACH OTHER'S BURDENS

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"Carry one another's burdens; in this way you will fulfill the law of Christ"
Galatians 6:2

When Job experienced unimaginable suffering, three of his friends heard what had happened and traveled to be with him. When they saw him, they wept, tore their clothes, and then did something surprisingly simple: **they sat with him**. For seven days and seven nights, they said nothing because they could see how deeply he was suffering (Job 2:11–13).

Later in the story, Job's friends get a lot wrong. They try to explain his suffering through their own human reasoning and eventually become what Job calls *"miserable comforters."* But before all the explanations and bad advice, they actually got something right: **they showed up**. They entered into Job's suffering and helped him carry the weight simply by being present.

| ***"Rejoice with those who rejoice; weep with those who weep."*** (Rom. 12:15)

Sometimes carrying another person's burden does not require having the right answer. We don't always need to understand what someone is going through or know how to fix it. Sometimes we simply need to be willing to enter into their pain and walk alongside them.

Ultimately, this reflects Jesus' heart. Christ did not remain distant from us in our brokenness. He entered into our world, took on flesh, and carried a burden we could never carry ourselves. At the cross, Jesus bore our sin and accomplished for us what we could never accomplish on our own. As His followers, we are called to reflect that same self-giving love by carrying others' burdens.

During these 21 days, fasting should not only cause us to look inward; it should also make us more attentive to the people God has placed around us. **Who in your life is carrying something heavy right now?** Instead of only asking God to meet your needs during this fast, ask Him to show you whose burden you can help carry. Maybe you don't need the perfect words. Maybe you simply need to show up.