

# **DA49. Bearing One Another's Burdens.**

*We are to bear one another's burdens.*

This precept is derived from His Word (blessed is He):

## **Key New Testament Scriptures**

Galatians 6:2

*Bear one another's burdens- in this way you will be fulfilling the Torah's true meaning, which the Messiah upholds.*

## **Additional New Testament Scriptures**

Matthew 11:29-30

John 13:34, 15:12

Romans 12:15, 15:1

Galatians 6:1, 10

Ephesians 4:2, 32

Philippians 2:4

Colossians 3:12-13

1 Thessalonians 5:14

Hebrews 13:2

James 5:16

1 Peter 1:22, 4:10

## **Related New Testament Mitzvot**

DA07 Being Sensitive to Each Other's Needs

DA11 Bearing the Weaknesses of Those Who Are Not Strong

DA24 Loving Our Brother and Neighbor

DA32 Empathizing & Sympathizing with Our Neighbor's Joys and Sorrows

DA37 Empathizing with and Ministering to the Imprisoned

DA46 Comforting Our Neighbor

DA55 Not Being a Burden to Our Neighbor

## **Supportive Tanakh Scriptures**

Exodus 2:11

*One day, when Moshe was a grown man, he went out to visit his kinsmen; and he watched them struggling at forced labor. He saw an Egyptian strike a Hebrew, one of his kinsmen.*

Numbers 11:17

*I will come down and speak with you there, and I will take some of the Spirit which rests on you and put it on them. Then they will carry the burden of the people along with you, so that you won't carry it yourself alone.*

Psalms 55:23(22)

*Unload your burden on ADONAI, and he will sustain you. He will never permit the righteous to be moved.*

Psalms 68:20(19)

*Blessed be Adonai! Every day he bears our burden, does God, our salvation.*

**Comment**

One might ask how this *Mitzvah* #DA49 to “bear one another’s burdens” squares with Galatians 6:5: “.. for each person will carry his own load.” The answer is that the words translated “burdens” in Galatians 6:2 and “load” in Galatians 6:5 are different Greek words. The Greek word “bare” in Galatians 6:2 is something extremely heavy and burdensome, whereas the word “phortion” in Galatians 6:5 is a soldier’s pack of the kind that one person should be able to carry easily.

*Conceivably, the burdens referred to in this Mitzvah could apply to things physically heavy, but that is not its main intent. Its intent is for us to assist our fellow man as he encounters the various burdens of life. The New Testament Scriptures listed above illustrate this by exhorting us to be kind to one another, pray for one another, correct one another, serve each other’s needs, etc. Yeshua illustrated this in Luke 11:46 where he chastised the experts in law: "Woe to you Torah experts too! You load people down with burdens they can hardly bear, and you won't lift a finger to help them!" In our attempting to comply with this Mitzvah, we must remember that we cannot do it alone and must rely on God. Matthew 11:29-30 puts it this way: “Take my yoke upon you and learn from me, because 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.”*

**Related Mitzvot in Volumes 1 & 2**

- N01 Loving Our Neighbor, the Stranger, and Even Our Enemy
- N03 Helping Our Neighbor Who is in Need
- N09 Helping a Person Who Needs Rescue
- N14 Serving Our Neighbor
- N18 Being Compassionate & Merciful Toward Our Neighbor