

Married Alone

According to Psychology Today, nearly 63% of people who reported being lonely were married and living with their spouse.

Load vs. Burden

Galatians 6:5: “for each one should carry his own load.”

The Greek word for load means “cargo.” This is a lighter problem that the individual must carry—like a backpack.

Galatians 6:2: “Bear one another’s burdens...”

The Greek word for burden means something that is “heavy” or is too much for one person to bear alone. The Greek word “bear” means to support or to remove.

Challenge: Figure out what most stresses out your spouse and where he or she feels most alone within your marriage. It could be cooking, cleaning, childcare, laundry, paying bills, planning family activities, lawncare, washing dishes, trash removal, or whatever, and take this on—bear this burden.

“What do we live for, if it is not to make life less difficult for each other?” (George Eliot)

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