

Daily Devotional: *We Need Each Other*

For Mental Health Awareness Month – May 28

Scripture Focus:

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

— Galatians 6:2 (NIV)

May is Mental Health Awareness Month—a time to break the silence around our struggles and lean into the healing God offers through His people.

In Galatians 6:2, Paul writes, *“Carry each other’s burdens.”* This is not a suggestion—it’s a command tied directly to fulfilling the law of Christ, which is love. We were never meant to carry our pain, anxiety, or depression alone. God created us for connection and community.

Mental health challenges often lead us to isolation, but scripture calls us into relationship. It’s in the sharing of burdens that healing often begins. Whether you’re facing emotional exhaustion, silent battles, or seasons of despair—God’s design is for others to come alongside you. And He may be calling you to do the same for someone else.

Jesus bore our heaviest burden—our sin—so that we could experience true freedom. And now, as His followers, we are called to reflect His love by helping shoulder the weight others carry. Sometimes the most spiritual thing we can do is simply listen, be present, or check in on someone we haven’t heard from in a while. You don’t have to fix everything. Just show up. Love lifts. And love heals.

Prayer:

Lord Jesus,

Thank You for bearing our burdens and for placing people in our lives to help carry the weight of this life. Remind us daily that we are not alone, and that there is no shame in needing help. Give us courage to speak up when we are struggling, and compassion to support those who are hurting. Let our words be healing, our hearts be open, and our presence be a safe place for others. May our love be a reflection of Yours.

In Jesus name we pray, Amen.

Reflection Question:

Is there someone in your life carrying a heavy burden? How can you help carry it with them today? You are not alone. And someone needs to hear that—from you.