



Sermon Notes

“Bear One Another’s Burdens”

Exodus 18:1-27

Part 2 of Mental Health Awareness Series

October 15, 2023

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Key Verse: “You and these people who come to you will only wear yourselves out. The work is too heavy for you; *you cannot handle it alone.*” (Exodus 18:18, *emphasis added*)

Big Idea: It’s okay to admit that we need help, to seek help, and to receive help. As a church, we hope to cultivate an environment where people can feel safe and be able to share their needs without judgment or shame.

N.A.M.I. Theme for 2023 Mental Illness Awareness Week: Together We Care. Together We Share. <https://www.nami.org/Home>

Today’s Takeaways:

1. Learn from Moses (the one in need)

- Ask for help – vv. 1-5.
- Talk it out – vv. 7-8.
- Take steps toward healing – v. 24.

2. Learn from Jethro (the one who cares)

- Listen and understand – v. 9.
- See and validate the other person – v.v. 14, 17.
- Offer help – vv. 19-23.



3. When appropriate: HUG

H = Human

U = Understanding

G = Gesture