

LEAN
ON ME

Lean on Me

- Song was composed by Bill Withers in 1972.
- Its theme is support, friendship, humility & compassion in community relationships.
- Bill Withers, inspired by the close-knit relationships of his hometown in Slab Fork, West Virginia, wrote “Lean on Me” during a time of loneliness in Los Angeles.
- The song reflects the biblical truth that we all need each other & that God uses people as vessels of His love & strength.

Lean on Me

*Sometimes in our lives, we all have pain
We all have sorrow
But if we are wise
We know that there's always tomorrow*

PAID



Pain

- Life has seasons of pain & sorrow, but also of healing & joy.

1 For everything there is a season, and a time for every matter under heaven: 2 a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; 3 a time to kill, and a time to heal; a time to break down, and a time to build up; 4 a time to weep, and a time to laugh; a time to mourn, and a time to dance;
(Ecclesiastes 3:1-4 ESV)

Pain

- Jesus told us we would have trouble, but He has overcome the world.

33 “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” (John 16:33 ESV)

- Our pain will not last forever.

5 For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. (Psalm 30:5 ESV)

Pain

- Present sufferings don't compare to future glory.

18 For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. (Romans 8:18 ESV)

Pain

- Inner renewal comes, even as we outwardly suffer.

16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. 17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison,
(2 Corinthians 4:16–17 ESV)

Lean on Me

*Please swallow your pride
If I have things you need to borrow
For no one can fill
Those of your needs
That you won't let show*

A man in a light-colored suit and tie stands next to a wall made of irregular, multi-colored stones. He is looking towards the right of the frame. The background is a dark, textured brick wall.

swallow your
Pride!

Swallow Your Pride

- The Bible tells us that God opposes the proud.

6 But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.”

(James 4:6 ESV)

- With humility comes wisdom & a willingness to ask for help.

2 When pride comes, then comes disgrace, but with the humble is wisdom. (Proverbs 11:2 ESV)

Swallow Your Pride

- We can't carry burdens that others won't share.

2 Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2 ESV)

Swallow Your Pride

- The humble receive mercy from God.

13 “But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ 14 I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”
(Luke 18:13–14 ESV)

Swallow Your Pride

- We can approach God's throne with confidence to receive help.

16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:16 ESV)

Lean on Me

*If there is a load you have to bear
That you can't carry
I'm right up the road
I'll share your load
If you just call me*



CARRY EACH OTHER'S BURDENS

Jesus loves You
*201226060115

Carry Each Others' Burdens

- Jesus says He will give us rest from our burdens.

28 Come to me, all who labor and are heavy laden, and I will give you rest. (Matthew 11:28 ESV)

- We who are strong ought to bear with the failings of the weak.

1 We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves. (Romans 15:1 ESV)

Carry Each Others' Burdens

- We are called to be united in spirit & purpose by caring for others.

2 So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, 2 complete my joy by being of the same mind, having the same love, being in full accord and of one mind. (Philippians 2:1–2 ESV)

Carry Each Others' Burdens

- Job's friends sat with him in his pain to show support.

11 Now when Job's three friends heard of all this evil that had come upon him, they came each from his own place, Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. They made an appointment together to come to show him sympathy and comfort him. (Job 2:11 ESV)

Lean on Me

*Lean on me when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on*

Mutual Encouragement and Support



Mutual Encouragement and Support

- We are called to support & encourage one another.

11 Therefore encourage one another and build one another up, just as you are doing.

(1 Thessalonians 5:11 ESV)

Mutual Encouragement and Support

- God comforts us so we can comfort others.

3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.
(2 Corinthians 1:3–4 ESV)

Mutual Encouragement and Support

- We are also called to do good to everyone, especially to fellow believers.

10 So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith. (Galatians 6:10 ESV)

Mutual Encouragement and Support

- And we are called to love each other as Jesus has loved us.

12 “This is my commandment, that you love one another as I have loved you.” (John 15:12 ESV)

Lean on Me

*You just call on me, brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on*

Be There For Others

Be There for One Another

- We are called to share life with others

15 Rejoice with those who rejoice, weep with those who weep. (Romans 12:15 ESV)

- Spur one another on toward love & good deeds.

*24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.
(Hebrews 10:24–25 ESV)*

Be There for One Another

- Look to the interests of others - not just your own.

4 Let each of you look not only to his own interests, but also to the interests of others. (Philippians 2:4 ESV)

Be There for One Another

- Friends carried the瘫痪者 to Jesus – We must put our faith into action.

3 And they came, bringing to him a瘫痪者 carried by four men. 4 And when they could not get near him because of the crowd, they removed the roof above him, and when they had made an opening, they let down the bed on which the瘫痪者 lay. 5 And when Jesus saw their faith, he said to the瘫痪者, “Son, your sins are forgiven.” (Mark 2:3–5 ESV)

Be There for One Another

- Early Christians shared everything in common, helping each other.

44 And all who believed were together and had all things in common. 45 And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. (Acts 2:44–45 ESV)

Practical Applications

- Let someone know today that you're available to talk or pray with them.
- Humbly ask for help when you need it - don't carry your burdens alone.
- Start each day asking God: “Who can I help carry today?”
- Form a prayer buddy partnership to regularly check in & support each other.
- Write down a verse (e.g., Galatians 6:2) & place it somewhere visible.

Discussion Questions

- Why do you think it's important to admit when we're struggling?
- What keeps people from asking for help, even when they need it?
- How does leaning on others strengthen our faith in God?
- How can our senior community at WndSOR be a place where we support one another?
- What does it mean to “bear one another’s burdens” in practical terms?



LEAN
ON ME

The graphic design features a central black square containing the white, serif text "LEAN ON ME". The square is partially overlaid by a large, dark gray circle on the left and a large, solid orange circle on the right. The entire composition is set against a white background with a thin black border.