



# The Two Burdens of a Christian

*"It is for freedom that Christ has set us free."* - Galatians 5:1. This declaration by Paul might seem self-evident—after all, what other purpose does freedom serve? Yet, this underscores the profound message Paul delivered to the Galatians. While the church in Galatia easily accepted that salvation comes through grace and not by works, they struggled with the concept that grace alone is sufficient for maintaining salvation.

The gentile believers were pressured to adopt Jewish customs like circumcision, dietary laws, and observance of holy days. Paul's interpretation of the law stood in stark contrast to traditional Jewish beliefs, which held that the promises of Abraham were inherited by his direct descendants who adhered to the law, given the law was given 430 years after these promises.

Paul argued that the blessings were intended for Abraham's "seed," not "seeds" (Galatians 3:15-16), referring specifically to Christ, who fulfilled the law and thus inherited Abraham's blessings. Now, those who are in Christ, both direct and indirect descendants of Abraham, receive these same promises through faith in Jesus.



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## Embracing our Roles in the Kingdom of God

Being saved "not by works, but by grace" does not mean we have the liberty to live as we please. Rather, we are liberated from sin but bound to Christ. The oppressive yoke of curse and death is lifted, yet we are not without a yoke. We are invited to take on Christ's yoke, which is light and easy to bear (Matthew 11:28-30). Essentially, the law of Moses is replaced by the law of Christ, which can be summarized into two core commandments: Love your Lord and love your neighbor (Matthew 22:37-39). In the concluding chapters of Galatians, Paul distills the law of Christ into two specific responsibilities (Galatians 6:1-10):

### Burden #1: Phortion (Galatians 6:5)

This greek term refers to a backpack, symbolizing the load travelers carry. The first commandment of Christ instructs us to love the Lord with all our heart, soul, and mind. Although loving God might not feel burdensome, living in love requires effort. Paul emphasizes the fruit of the Spirit over the acts of the flesh, noting the singularity of the Spirit's fruit—either it is fully present, or it isn't.

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## P. R. Baby Foundation: Transforming Lives in Garo Hills, Meghalaya

Since its inception in 2021, the P. R. Baby Foundation has emerged as a beacon of hope in Garo Hills, Meghalaya, tirelessly working to uplift communities through education, healthcare, anti-drug campaigns, agricultural support, and holistic development programs. With a mission to empower families and promote self-reliance, the foundation has established rural schools, skill development initiatives, and awareness campaigns, ensuring access to education and livelihood opportunities for marginalized communities.

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## Mission update celebrating the 25th Issue: A Journey of Impact and Hope

As we mark the 25th issue of the P R Baby Foundation Newsletter, we reflect on the incredible journey of transforming lives in the Garo Hills. Over the years, our commitment to education, healthcare, anti-drug campaigns, and sustainable livelihood programs has continued to strengthen families and empower communities. Each milestone we achieve brings us closer to our vision of economic independence for a million families.

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# “The Power of SWOT Analysis

## Swot Analysis On Prominent Biblical Characters

### WEAKNESSES OF ADAM AND EVE

In the previous Mission Updates, we discussed SWOT analysis and started with Adam and Eve's strengths in the last one. Let's look into some of their weaknesses.

## WEAKNESSES OF ADAM AND EVE

### 1. DISOBEDIENCE TO GOD

#### Genesis 3:6-7

Genesis 3:6-7 (NIV) states, "When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it." Adam and Eve's decision to eat the forbidden fruit is a clear example of their disobedience. This act not only broke God's command but also led to dire consequences for themselves and humanity.

### 2. LACK OF SELF-RESTRAINT (Genesis 3:6)

"Genesis 3:6 indicates their failure to exercise self-control despite knowing the consequences. "She took some and ate it." Eve's immediate reaction to the fruit shows a lack of restraint. This inability to resist temptation reflects a broader human weakness, highlighting the struggle with self-control.

### 3. SHIFTING BLAME (Genesis 3:12-13)

Genesis 3:12-13 says, "The man said, 'The woman you put here with me—she gave me some fruit from the tree, and I ate it.' Then the Lord God said to the woman, 'What is this you have done?' The woman said, 'The serpent deceived me, and I ate.' Rather than taking responsibility for their actions, both Adam and Eve blame each other and the serpent. This evasion of accountability shows their inability to confront the consequences of their choices head-on.

### 4. LACK OF FAITH

#### Genesis 3:4-5

Genesis 3:4-5 shows the serpent questioning God's command, leading Eve to doubt God's intentions: "You will not certainly die... For God knows that when you eat from it your eyes will be opened, and you will be like God." Adam and Eve displayed a lack of faith in God's word and goodness. They allowed doubt to creep in, which ultimately led to their downfall.

### 5. VULNERABILITY TO TEMPTATION

#### Genesis 3:1

Genesis 3:1 states, "Now the serpent was more cunning than any of the wild animals the Lord God had made." The presence of the serpent illustrates their vulnerability to external temptation. Instead of standing firm in their beliefs, they succumbed to the manipulation of the serpent, illustrating a weakness in their spiritual endurance.

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### Key Takeaway

Adam and Eve's weaknesses provide important lessons on the human condition, including the challenges of obedience, self-restraint, accountability, faith, and vulnerability. Their story serves as a cautionary example of how succumbing to temptation and failing to take responsibility can lead to significant consequences. It highlights the importance of trusting in divine wisdom and practicing self-discipline in decision-making. These themes are relevant not only in a biblical context but also in understanding human behavior in contemporary life, reminding us of the necessity of faith, integrity, and resilience in the face of trials.



Cont... Page:01

## Mission update celebrating the 25th Issue: A Journey of Impact and Hope

This issue highlights the success stories of individuals who have overcome challenges and built better futures, thanks to the collective efforts of our team, partners, and supporters.

This month, we launched new initiatives focused on skill development and health awareness, ensuring that families have access to the tools they need to thrive. Our recent campaign against drug abuse has gained significant momentum, engaging young minds in meaningful dialogues about a brighter future. The road ahead is long, but with your support, we remain steadfast in our mission. Thank you for being part of this journey—together, we are creating lasting change!

**Editorial Team**

Cont... Page:01

## P. R. Baby Foundation: Transforming Lives in Garo Hills, Meghalaya

Through sustainable farming programs and vocational training, it has helped countless families break free from economic hardships and build a future rooted in stability and progress.

Guided by the vision of Late Pastor P. R. Baby, the foundation carries forward his dream of uplifting vulnerable communities in the Himalayan region. Though he could not witness the full realization of his mission, his unwavering belief in social transformation laid the foundation for an organization committed to lasting change. Today, his legacy shines through impact-driven projects, from anti-drug awareness campaigns engaging local youth to healthcare programs that provide essential medical aid to remote villages.

The journey so far is just the beginning. With an unwavering commitment to expanding its reach, the foundation is forging strong partnerships with local leaders, volunteers, and development agencies to amplify its impact. By empowering families with the tools, knowledge, and resources to achieve economic independence, the P. R. Baby Foundation continues to build a future where every household in Garo Hills has the opportunity to thrive.

**John Alex, Joint Director of Agriculture (Rtd) & Director, P R Baby Foundation. Kochi**



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# The Two Burdens of a Christian

Interestingly, while many things were created in Eden, fruit was not directly made by God; instead, He created plants and conditions conducive to fruit production. Similarly, Christians are encouraged to focus not on the fruits themselves but on being fruitful—hence the burden through personal devotion, meditation on scripture, worship, fellowship, and church participation. The byproduct of living by the Spirit is the fruit of the Spirit, beginning with love.

## Burden #2: Baros (Galatians 6:2)

This greek term refers to the burden we share when a fellow Christian stumbles—a trespass rather than continual sinfulness. Paul specifies that this involves lifting the load from someone who has momentarily been overtaken by sin. Bearing one another's burdens means more than merely tolerating each other; it involves actively supporting one another, much like Christ did for us. Paul uses a medical analogy ("Katartizo") to describe this correction, likening it to a surgeon carefully removing a growth to heal a patient. Importantly, the focus is on cure, not on punishment. This burden falls on everyone who possesses the Spirit, not just church leaders (Galatians 6:1). As Christians, let us rejoice and be thankful that Christ has removed the oppressive yoke of sin and death, and traded us His yoke which is light. Let us also be diligent in meeting the expectations of the Kingdom of God and be faithful in carrying the two burdens the Lord has laid on us.

## Key Takeaway

The phrase '**not by works but by grace**' does not imply that we are free from all burdens. Instead, it means we exchange the burdensome yoke of sin and death with the lighter, more manageable yoke that Jesus Christ offers us. This yoke comprises two specific burdens: **(1) Phortion** – the duty to live fruitfully by the Spirit, manifesting in actions such as prayer, studying scripture, and participating in community worship, and **(2) Baros** – the responsibility to support our fellow believers in times of spiritual struggle with sin. Unlike natural trees that inherently produce fruit, living by the Spirit results in fruitfulness as a natural byproduct, not as a direct objective.

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# A Beacon of Hope for the Next Generation

## Gasa English Medium School

The new academic year at Gasa English Medium School, Dilma Chiadin, has begun with renewed enthusiasm and determination. The institution, which has been playing a vital role in shaping the young minds of the community, has already gained momentum, marking yet another step in its journey of growth and excellence.

One of the highlights of the past month was the Annual Sports Day, where students showcased their talents and competitive spirit with great enthusiasm. The event not only encouraged physical fitness but also instilled values of teamwork, discipline, and perseverance. The active participation of students, teachers, and parents made it a grand success, reflecting the collective spirit of the school.

### Education in Garo Hills A Pathway to Progress

Education is a fundamental pillar of social and economic development, and in the Garo Hills region, its importance cannot be overstated. For decades, communities in the region have faced challenges such as limited access to quality education, financial constraints, and infrastructural deficiencies. However, institutions like Gasa English Medium School are breaking these barriers, ensuring that children receive the knowledge and skills they need to build a brighter future.

Started in a humble way, with countless challenges along the journey, Gasa English Medium School has now become a beacon of hope, offering quality education and moral guidance to the young generation. The school stands as a testament to the power of perseverance and collective effort, proving that with dedication and a strong vision, positive change is possible.

### A Growing Institution with a Bright Future

Thanks to the generous support of well-wishers, donors, and community leaders, the school is steadily expanding. Infrastructure development is currently in progress, and by the coming year, we aspire to transform the school into a center of excellence, providing students with the best learning environment possible. The journey has been challenging, but with the unwavering support of those who carry a burden in their hearts for community development, we continue to move forward with confidence and hope.



### Heartfelt Gratitude to Our Supporters

None of this progress would be possible without the kindness and commitment of our stakeholders. To our donors, well-wishers, teachers, and parents—your support is shaping a new generation of educated, responsible, and empowered individuals. Your contributions—whether in the form of financial aid, resources, or encouragement—are laying the foundation for a prosperous future for these children and for the entire community.

As we look ahead, we remain steadfast in our mission to provide holistic education that nurtures not just academic excellence but also values, leadership, and social responsibility. With continued support and faith, Gasa English Medium School will rise to even greater heights, inspiring countless young minds to dream, achieve, and give back to society. Together, we are building a future where every child has the opportunity to learn, grow, and succeed. Thank you for being a part of this incredible journey.

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# BIL Conference Held in Garo Hills to Foster Responsible Citizenship



**BIL Conferences** in Garo Hills foster mindset transformation, empowering individuals to become responsible, engaged citizens. A good citizen contributes to the community, upholds democratic values, and advances societal well-being. The program's three-level training equips participants with the knowledge, skills, and leadership needed to drive meaningful change.

- **Level One:** Designed to equip community members with essential skills and foundational knowledge.
- **Level Two:** Tailored for leaders and community workers, providing them with advanced tools for effective leadership.
- **Level Three:** Specialized programs focusing on efficient management, project implementation, and equipping individuals to take on key roles within the community.

The three-day Level One BIL Conference took place from February 21 to 23, 2025, at Mengitin's newly inaugurated Village Knowledge Centre. The event was led by Pr. Rakbath D. Momin, Pr. Hardingson A. Sangma, Bro. Venias Sangma, and Bro. Kerin Marak, bringing together 35 enthusiastic participants eager to learn and grow. This initiative marks a significant step toward community empowerment and leadership development in the Garo Hills.

## Farmer Meeting in Garo Hills Held Under "Elevate a Million" Project



As part of the "Elevate a Million" Project, a meeting with farmers from the Garo community was held on February 22, 2025, at

Hebron Christian School, Rongbeng Wagopgre, West Garo Hills. The session was led by Bro. Roy K. Alex and Dr. Beena Anna Kurien. The primary objective of the farmer meeting was



to establish Farmer Producer Organizations (FPOs) to enhance the marketing of farm produce and improve the income of farming families in the community. By organizing into FPOs, farmers can leverage collective bargaining power, access better markets, and secure fair prices for their produce. Additionally, these organizations will facilitate capacity-building, provide technical support, and create The primary objective of the farmer meeting was to establish Farmer Producer Organizations (FPOs) to enhance the marketing of farm produce and improve the income of

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farming families in the community. By organizing into FPOs, farmers can leverage collective bargaining power, access better markets, and secure fair prices for their produce. Additionally, these organizations will facilitate capacity-building, provide technical support, and create opportunities for value addition, ultimately strengthening the economic resilience of farming households. This initiative marks a crucial step toward empowering local farmers, promoting sustainable agricultural development, and ensuring long-term prosperity in the region.



# KING'S CARAVAN 2.0: SPREADING HOPE, BREAKING CHAINS

King's Caravan 2.0 has successfully completed its 30-day anti-drug campaign, bringing the message of Freedom in Christ to communities across Jharkhand, Odisha, and West Bengal. Under the leadership of Pr. Benny John, Regional Overseer, Church of God (FG) in India, Central Eastern Region, Kolkata, the campaign conducted over 200 impactful programs, spreading awareness and advocating for a drug-free future. Through community engagement, interactive sessions, and educational initiatives, the movement sought to inspire individuals—especially the youth—to choose a healthier and brighter path.

The campaign made a profound impact on local communities, as powerful testimonies and real-life stories of transformation highlighted the urgent need to combat addiction. Counselors and mentors played a crucial role in guiding those struggling with substance abuse, offering hope and practical steps toward recovery. The movement has not only raised awareness but has also strengthened support systems for those seeking freedom from addiction.



With its growing momentum, King's Caravan 2.0 is set to launch next month in Siliguri and Darjeeling, under the leadership of Bro. Joshua Pradhan and Bro. Raj Eleazer. As the journey continues, the mission remains the same—to stand strong against substance abuse and build a future filled with hope, transformation, and purpose.

**Together, let's make a difference!**



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# TRANSITIONING FROM MONOCROPPING TO MULTI- CROPPING IN GARO HILLS

The Garo Hills of Meghalaya, with their rich biodiversity, are facing challenges due to monocropping—leading to soil depletion, pest infestations, economic risks, and biodiversity loss. A shift to multi-cropping is essential for sustainability, improved farmer incomes, and ecological balance.

✓ **Agroecological Practices** – Diversifying crops (millets, pulses, vegetables), integrating agroforestry (fruit trees with staple crops), and adopting natural pest control.

✓ **Traditional Knowledge** – Modifying shifting cultivation (Jhum), preserving indigenous seeds, and promoting medicinal plant farming.

✓ **Soil & Water Conservation** – Implementing contour farming, mulching, and rainwater harvesting.

✓ **Community Engagement** – Strengthening farmer cooperatives, training programs, and women's participation in agriculture.

✓ **Market & Policy Support** – Encouraging value-added agro-processing, organic certification, and government incentives.

As part of its mission to uplift rural communities, **P R Baby Foundation** is actively working with farmers to implement sustainable multi-cropping. The foundation conducts training on organic farming, promotes seed preservation, and facilitates access to government schemes. By mobilizing self-help groups, supporting farmer cooperatives, and introducing agro-processing units, we aim to enhance incomes and ensure long-term agricultural sustainability in the Garo Hills. Through community-driven efforts, we are committed to restoring soil health, improving food security, and building a resilient future for farmers.

To empower farmers and ensure better market access, P R Baby Foundation is working towards establishing Farmer Producer Organizations. This initiative will bring farmers together, enhancing their collective bargaining power, reducing input costs, and ensuring fair prices for their produce. By streamlining supply chains, promoting value-added agro-processing, and facilitating direct market linkages, the cooperative will help farmers realize better incomes while fostering sustainable agricultural practices.

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