

## Welcome

What is the best sale item you've ever purchased? Did you really need it?

## Word

This week our theme is when Jesus said "Take up your Cross"

What are your first thoughts when you hear these words, why are they so challenging?

Read Matthew 16:24-26.

Spend some time meditating on these verses.

There are three things that Jesus says we must do in these verses... deny self, take up our cross and follow him, however, verse 24 starts with "whoever wants"; so we need to desire Jesus first.

- Pray as a group that we first desire Him.
- Pray for those that may be struggling in this area
- Pray for everyone that their desire would increase.

Now look again and discuss the three things mentioned...

Lay something down - Denial. Discuss what this means, why is this important, how do we do it and why can it be difficult? What are some of the things we should deny? What are some of the benefits when we do this?

Pick something up - Take up your cross - Death. What are the implications of these words? How do we apply them to our lives? Look at verse 25, what's the paradox?

Live something out - Follow Him - Devotion. Jesus says "Follow Me". Share with the group what the life of a person who follows Jesus should look like. How can we ensure we live a life fully devoted to Christ?

Finish, where we started by praying for each other in the group.

- Pray that we lay down what we need to
- Pray that we'll take up our cross and live boldly
- Pray that we'll "live something out", following authentically.