

Study Guide: The Life of A Disciple – Carry The Cross

Main Scripture

Luke 9:23–25 (NIV): “Then he said to them all: Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?”

Supporting Scriptures

- Galatians 2:20 – “I have been crucified with Christ and I no longer live, but Christ lives in me.”
- Hebrews 12:2 – “For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”
- Colossians 2:13–14 – “...He forgave us all our sins... He has taken it away, nailing it to the cross.”

Key Truth

Disciples don't just wear the cross — they carry it. Carrying the cross is not about decoration, it's about direction. It is the daily decision to live surrendered to Jesus.

Summary of the Message

- Deny Yourself – Saying 'no' to my will so I can say 'yes' to God's will.
- Take Up Your Cross Daily – Surrender is not a one-time decision; it's a lifestyle of obedience.
- Follow Me – Discipleship is active. It's not admiring Jesus, it's obeying Him step by step.
- Lose to Gain – Surrender isn't losing, it's exchanging what I cannot keep for what I cannot lose.

Group Discussion Questions

- In your own words, what does it mean to deny yourself? What's one area of your life where this is difficult?
- Why do you think Jesus emphasizes taking up your cross daily instead of just once?
- What are some modern “backpack weights” people carry (fear, pride, unforgiveness, control, sin)? How do they affect our discipleship?
- Galatians 2:20 says, “I no longer live, but Christ lives in me.” How does this verse connect to carrying the cross?
- Hebrews 12:2 tells us that Jesus endured the cross “for the joy set before Him.” What kind of joy can we discover when we live surrendered?
- What's the difference between wearing the cross and carrying the cross? Which do you feel more tempted to do in your own life?
- How does carrying the cross make your life sermon stronger for those who are “reading” you?

Reflection

What's one practical way you can live surrendered this week? How can your group encourage each other to carry the cross daily?

Closing Prayer

Lord, thank You for showing us what it means to deny ourselves, take up our cross, and follow You. Help us to live surrendered each day so that our lives point people to Jesus. Give us the courage to let go of what weighs us down and the joy to carry what You've called us to. In Jesus' name, Amen.