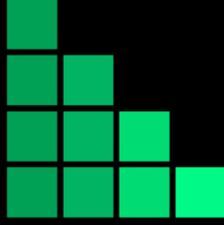


# NEW LIFE ONE STUDIES



## Series: “His Hour” Week 5 Study Guide

Message:

**“Carrying Our Cross – Consider the Cost”**

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### SCRIPTURE

Main Text:	Cross References:
<i>Luke 23:26</i> <i>Luke 14:28-33</i>	<i>Mark 8:34</i> <i>John 6:66</i> <i>Galatians 2:20</i> <i>Colossians 3:3</i>

### UNDERSTANDING THE STORY

*(This section focuses on understanding what the text means.)*

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**Read Luke 23:26**

#### **Main Idea:**

Simon carrying the cross gives us a real picture of what following Jesus looks like.

**Commentary:**

Jesus is physically unable to carry the cross, so Simon is pulled in and forced to carry it behind Him. But this moment is bigger than history—it's a living illustration of what Jesus had already said: *"take up your cross and follow me."*

Simon is literally walking the path of Jesus, carrying the weight, heading toward death. That's a picture of the call of a disciple. Following Jesus isn't just belief—it's surrender, sacrifice, and walking behind Him wherever He leads.

**Discussion Questions:**

1. What stands out to you about Simon's role in this moment?
2. How does this change the way you think about "taking up your cross"?
3. What does it look like in real life to follow *behind* Jesus, not ahead of Him?

**Takeaway:**

*Following Jesus means walking the same path He walked—surrendered, obedient, and willing to carry the cost.*

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**Read Mark 8:34****Main Idea:**

Jesus clearly defines discipleship as self-denial and surrender.

**Commentary:**

Jesus doesn't hide the difficulty—He puts it front and center. To follow Him means denying yourself and taking up your cross. In that culture, the cross wasn't symbolic—it meant death.

This isn't about self-improvement. It's about surrendering control, laying down your rights, and choosing Jesus over everything else.

**Discussion Questions:**

1. What does “deny yourself” actually look like in your daily life?
2. Why do you think Jesus was so direct about the cost?
3. What are some things people try to hold onto while still “following” Jesus?

**Takeaway:**

*You can't follow Jesus and stay in control—true discipleship requires surrender.*

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**Read Luke 14:28–33****Main Idea:**

Jesus calls us to count the cost before choosing to follow Him.

**Commentary:**

Jesus uses real-life examples—building a tower and going to war—to make one point: don't start something you're not willing to finish.

Discipleship isn't casual or convenient. It requires everything. Jesus isn't trying to make following Him easier—He's making it honest. He wants people who understand the cost and still say yes.

**Discussion Questions:**

1. Why is it important to “count the cost” before following Jesus?
2. How is this different from how people often talk about faith today?
3. What might it look like for you personally to give up “everything”?

**Takeaway:** *Following Jesus is a decision you make with your whole life, not just your words.*

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## Read Hebrews 12:1–2

### Main Idea:

Jesus endured the cross because of the joy set before Him.

### Commentary:

Jesus didn't go to the cross reluctantly—He went willingly. He saw beyond the suffering to the joy: salvation, restoration, and victory. This changes how we see sacrifice. Jesus leads the way, showing us that surrender is not pointless—it leads somewhere. There is life on the other side of death.

### Discussion Questions:

1. What does it mean that Jesus endured the cross “for the joy set before Him”?
2. How does this change your view of sacrifice and suffering?
3. What “joy” might God be calling you to trust Him for?

### Takeaway:

*Jesus shows us that what feels like loss can actually lead to something greater.*

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## Read Matthew 16:25

### Main Idea:

Losing your life for Jesus is how you actually find it.

### Commentary:

This is the upside-down truth of the gospel. The world says hold on, protect yourself, stay in control. Jesus says let go.

When we cling to our lives, we lose what matters most. But when we surrender to Him, we step into the life we were created for.

**Discussion Questions:**

1. Why is it so hard to let go of control?
2. What does “losing your life” look like in a practical sense?
3. Where are you most tempted to hold on instead of surrender?

**Takeaway:**

*Real life isn't found in control—it's found in surrender.*

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**Read Romans 6:1–2, Galatians 2:20, Colossians 3:3** (*Homework Passage*)

**Main Idea:**

Following Jesus means dying to your old life and living a new one in Him.

**Commentary:**

Paul makes it clear: the old you is gone. Not improved—crucified. Sin no longer has control, and you are no longer defined by your past.

This is where freedom begins. When we die to our old selves, we are finally free to live the life Jesus died to give us.

**Discussion Questions:**

1. What does it mean that your “old self” has died?
2. Why do we sometimes return to things Jesus already set us free from?
3. What would it look like to fully live in your new identity in Christ?

**Takeaway:**

*Freedom in Christ begins when we stop going back to what He already freed us from.*

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## **MAKE IT PERSONAL**

Following Jesus isn't about adding Him to your life—it's about giving Him your life.

1. Is Jesus worth everything to you?
  2. What are you still holding onto?
  3. What is keeping you from following Jesus fully?
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## **LIVING IT OUT**

1. Take time this week to honestly ask: What am I unwilling to surrender to Jesus? Write it down and bring it before Him.
  2. Start each day with a simple prayer: "Jesus, I give You my life today—my plans, my desires, my control." Keep it real and consistent.
  3. Where is Jesus asking you to deny yourself? Take one intentional step of obedience this week, even if it's uncomfortable.
  4. Be aware of habits, environments, or thought patterns that pull you back into your old life. Replace them with something that leads you toward Jesus.
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## **ENCOURAGING EACH OTHER**

1. Share with someone where following Jesus feels costly right now. Create space for real conversations, not surface-level answers.
  2. When someone is struggling to surrender, point them back to who Jesus is and what He's done—not just what they need to do.
  3. Even small steps matter. Encourage and affirm each other when you see someone choosing Jesus over comfort.
  4. Gently challenge each other: “Are you still following Jesus fully—or holding something back?”
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## **PRAY TOGETHER**

1. Ask God for the strength to lay down anything you're holding onto and trust Him fully.
2. Pray that God would help you walk in your new life and not return to old patterns.
3. Ask for perseverance to follow Jesus all the way to the end, even when it's difficult.