

## Are You a Disciple? | Week 1 - Disciples Deny Themselves

### Big Idea

Disciples of Jesus are identified by their counter cultural willingness to deny themselves.

### Scripture

Luke 9:18-27, Matthew 6:16-18, and John 6:35

### Points to Keep In Mind

1. In Luke 9:23-24, Jesus tells us to deny ourselves, to take up our cross daily, and to follow him. The idea of “cross-bearing” can be misunderstood. We often refer to “cross-bearing” as a burden or trial that we have to put up with, like unavoidable suffering, but let’s consider it another way. When Jesus told us to “take up your cross,” it was before he was crucified. So, while this metaphor would take on greater meaning after his death, it had a particular meaning to his disciples then, and it does to us now. Crucifixion was reserved specifically for offenders who had been found guilty of rebelling against authority. When Jesus said, “Take up your cross,” he meant for you to picture this: someone admitting their guilt and submitting themselves to carrying the cross beam of the cross upon which they would be executed. He wanted you to picture them carrying it to the very site where that execution would take place. This action of carrying that cross beam would be a demonstration to all that this person was now so completely conquered that their last act in life was to carry the instrument of their demise to the place of their death. It was a show of complete and utter submission. Sometimes, Jesus must remind us of our sins and our desire to crown ourselves as kings of our own life. Jesus intentionally reminds us of the impulse we all have to put ourselves on the throne and in authority, but what we need, and what this world needs, is for us each to “Take up our cross” and submit to Jesus as King, Lord, and the ultimate authority in our life and we must do this daily.
2. In Matthew 6:16-18 Jesus gives instructions on how to fast. Fasting helps us draw near to God, surrender ourselves to Him, and hear His direction for our lives.
3. John 6:35 tells us that when we come to Jesus, we will never go hungry or thirsty. Jesus is our bread of life when we believe and trust in him. We find complete satisfaction in and through Jesus alone.

### Additional Questions and Resources

*visit [communitychristian.org/nextsteps](http://communitychristian.org/nextsteps)*

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? [communitychristian.org/baptism](http://communitychristian.org/baptism)
4. What have you been learning from the Community Daily? [communitychristian.org/daily](http://communitychristian.org/daily)
5. If someone is seeking professional counseling, you can always refer them to our resource page: [communitychristian.org/mentalhealth/](http://communitychristian.org/mentalhealth/)
6. Find out more about having a YOU+ Discipleship Conversation by visiting: [youplus.info](http://youplus.info)