

TRADE OFFS



Week One: Losing It – Study Guide

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In Jesus' day, the cross was not a religious symbol but a tool for execution. It was then what death row is today. It represented death and the end of something. Many of us have heard the term "take up your cross" in some context. Jesus declared that all of us should take up our cross and follow His example. The good news is that if we choose to do this as He did, we become saved from living a self-centered life and others can see Him in the process.

Where Am I Today?

- 1) All of us tend to struggle with the idea of dying to self. There is sacrifice and sometimes even pain involved. The trade-off is between our plans and desires, and a relationship with Jesus that saves us and enables us to put others first. What area of your life has been the most difficult to "lay down" so that Jesus could give it greater purpose?

Into the Bible

- 2) In order to understand the cost and reward for following Jesus, we need to know Him on a personal level. Read **Luke 9:18-20**. What contrast is shown between Peter and the disciples who spent time in relationship with Jesus, and the crowds who really didn't know Him intimately as the disciples did? What is the difference between knowing Jesus personally, and just thinking of Him as a clever teacher or prophet from the past?

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- 3) Read **Luke 9:21-27**. Jesus foretells His death and resurrection, and tells us all how we should live if we confess Him in the same way Peter did. What did Jesus mean when He said to take up the cross daily and follow Him? How could it be possible for someone to “lose” their life for Jesus and “save” it in the process?

- 4) Jesus follows His bold statement of what is to come and how we should live with an amazing display of His power. Read **Luke 9:28-36**. How was the timing of Jesus’ display of glory so important, especially just days after telling His disciples that He would suffer greatly and that they were to follow in His footsteps in their lives every day?

How Does This Apply

- 5) To follow Jesus means to put your plans for your life on death row. If you will lose your life for Him, He will save you and give you eternal life. If you do not know Him, what specific area of your life is holding you back from giving control over to Jesus? If you are a Jesus follower, how can your Life Group pray with you for a renewed sense of His power in your life?

- 6) A trait of Jesus seen throughout the Gospels is that He is others-centered, even to the point of *choosing* to suffer, be rejected and die for us. He wants you to live a selfless life *daily*, putting others first as He modeled in His earthly ministry. How can you be intentional this week to take up someone else’s cross, and who in your life could benefit from it?



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- 7) God doesn't call us to this lifestyle without showing up and displaying His power. Just as Jesus made it clear to His disciples on the mountain that He was in control, He shows up in our lives in powerful ways when we trust Him. In what area of your life do you need to see His presence and that He is who He claims to be?

Continue Learning on Your Own

- 8) "I don't want to gain the whole world, and lose my soul" are lyrics in a popular TobyMac song you may have heard. Reread **Luke 9:24-26**. If you avoid walking down death row with Jesus, you may gain everything the world has to offer but end up losing it all in the end. Read **Matthew 11:30**, **Psalms 50:15** and **Jeremiah 29:11-13**. How can you begin to trust God that He is all you will ever need? How could surrounding yourself with Jesus followers, attending a weekly service and spending time reading the Bible help you to grow in this?

