

### iii) A new life, a new position

Jesus said: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me". Luke 9:23

'May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.' Gal 6:14

The world won't understand you in this - be prepared.

Taking up your cross daily puts you in a whole new position.

*'the world has been crucified to you, and you to the world'* - things that once attracted you won't seem so pleasant now.

Things which you once wanted, will begin to lose their appeal.

That's because Christ in you is beginning to set his own agenda.

You belong to him now (1 Corinthians 6:18-20).

*'May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world.'*  
Galatians 6:14

Are you ready for that?



### Pause for Personal Prayer



'You are not your own; you were bought at a price.' 1 Cor 6:19,20.

### Discuss



- As you've grown in faith have you seen some things lose their attraction?
- Are there other things which you know Jesus wants you to be crucified to?

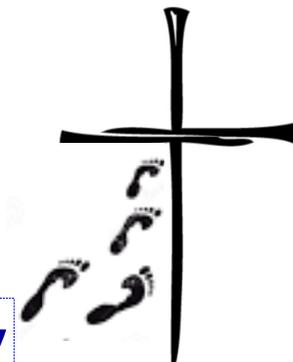
### Taking it Further

At the start of each day take time to pray with Gal 2:20 'I have been crucified with Christ and I no longer live, but Christ lives in me.'

Then at the end of each day ask yourself, 'where did I see the reality of that and where was it challenged?'

# Following Jesus Christ

## Monday to Saturday



## 5: Take up your Cross Daily

So how does all of this look in your everyday life, Monday to Sunday?

How does what we hear in church equip us for the challenges of 'normal' life?

We've seen that can't do the work of God for him in our own strength, but imagine how it would be if you simply carried Jesus' life in you and gave him space to work.

How might that look first in your heart

Then in your home ...

In your street and community ...

And in your workplace?

Jesus himself doing his own work but in you!

If denying ourselves is the beginning of the journey, then taking up our cross daily is the reality of living it out day by day, every day.

Imagine how that would look.

### A suggested outline for the session

Open with worship and prayer

Divide your time between the 3 sections

In each of the 3 sections ...

• Ask someone to read the scripture & reflection

• Pause for a few minutes of personal prayer

• Then discuss the questions given

• At the end allow 10mins for personal prayer

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## i) Take up your cross daily – inner challenges

'... must deny themselves and take up their cross daily ' Luke 9:23

'I no longer live, but Christ lives in me.' Gal 2:20

'the fruit of the Spirit is love, joy, peace, forbearance, kindness ...' Gal 5:22



Life isn't easy. Every day, very real challenges will come within us.

For some that will take the shape of fear, anxiety, mood swings.

For others a struggle to forgive and love those who hurt us.

For others a struggle to address our daily situation with hope.

Each of us is different, you know your own challenges.

'Taking up our cross' means very simply to believe the truth that *'I have been crucified with Christ and I no longer live, but Christ lives in me.'*

Christ lives in you, how does he want to address the challenges you face?

We can worry in prayer which makes it worse but as you turn to his presence within you, he invites you to rest, he knows what to do.

His Spirit is in you to bring the fruit you need *'love, joy, peace ...'*

'Taking up your cross' is learning to turn to him & give him space to work.

This is an incredible journey of learning to walk step by step with him.

### Pause for Personal Prayer



'I no longer live, but Christ lives in me' - pause to pray, how might this affect the challenges in your heart?

### Discuss



- Have you experienced Christ changing how you feel inside?
- How can we practically welcome his presence within us?
- How can we give Christ more space to work in us?

## ii) Take up your cross daily – external challenges

'for it is God who works in you to will and to act in order to fulfil his good purpose' Phil 2:13

'I have the strength to face all conditions by the power that Christ gives me' Phil 4:13 Good News Translation

'Christ in you, the hope of glory.' Colossians 1:27



And then come the external challenges of daily life.

Some of us are carers, for the elderly or children with all the pressures it brings. Some of us are overworked, some of us are underworked – each has pressures.

Some of us are housebound, some of us are early retired.

Some of us are in vocational work, some in work to earn a necessary living.

Whatever our situation and challenges, the answer is the same.

It is now Christ who lives in you, simply ask him what he wants to do.

Pause and give him space to work, to do his own work in you and through you.

*'God works in you to will and to act'* - we don't even have to 'will' it ourselves. *'We have the strength to face all conditions by the power that he gives us'*.

'Taking up your cross daily' is simply learning to let Christ in you do his work.

Learning to trust his presence in you takes time and is a journey but it's very real.

*'Christ in you is the hope of glory'* in every challenge that you face.

### Pause for Personal Prayer



'... for it is God who works in you to will and to act in order to fulfil his good purpose' Phil 2:13. Pause to pray.

### Discuss



- Have you experienced Christ handling a challenge which faced you?
- Are there particular challenges you need him to help you with?
- How can you give him more space to work in and through you?