

Take up your Cross Daily

Luke 9:23

Luke 9:23 "If anyone would come after Me, he must deny himself and **take up his cross daily** and follow Me.

You must deny yourself...

- ...at least certain aspects of yourself

## Galatians 5

- 16 But I say, walk by the Spirit, and do not gratify the desires of the flesh.
- 17 For the desires of the flesh are against the Spirit,
- and the desires of the Spirit are against the flesh;
- for these are opposed to each other, to prevent you from doing what you would.

## You must deny yourself...

- ...but you should also take good care of yourself
- "Love your neighbour as yourself"
- He will gradually help us remove the obviously negative aspects of ourselves
- Sometimes we will willingly give up some good things in order to receive something better

The Cross means Persisting in  
Doing the Right Thing even though  
there is Opposition

**Was the cross of Jesus  
a bad thing or a good thing?**

The Cross was a  
very Bad, Evil thing

But God brought  
Good out of Evil!



My God, My God!  
Why Have You Forsaken Me?

# Intense Pain Often Causes us to Feel that God has Forsaken us

- While Jesus was on the cross suffering
- His Father was very close
- 2 Corinthians 5:19
- In Christ, God was reconciling the world to Himself

# The Cross of Christ teaches us that Love includes Pain

- The deeper you love someone the more pain that person will cause you
- Embrace the pain of love
- Sometimes love means holding on
- Sometimes letting go

Father forgive them,  
they do not know what  
they are doing

On the third day,  
Christ rose from the dead

When you feel that your  
love has died - ask for His  
resurrection power

**If your teenage son, frequently breaks things in your home in a fit of rage - endangering family members - but later begs for forgiveness - should you hand him over to the authorities?**

Justice or Mercy?



Justice and Mercy Come  
Together  
When the Judge Pays the Penalty  
Himself

How does this  
teaching about the  
cross apply to our  
lives?



# Take up your Cross Daily

- Denying yourself for a greater good
- Do the Right Thing - even though there is opposition
- Overcome evil with Good
- Justice and Mercy
  - Like Jesus we must be both Just and Merciful
- Make Peace - Forgive those who offend you

# Take up your Cross Daily

- Love includes Pain
  - The more you love someone - the more that person will hurt you
- When others are suffering - stay close to them even if they lash out at you
- When you feel that love has died within you - ask for resurrection power

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