

## Let Go

(1.29.23)

**S** Scripture  
**O** Observation  
**A** Application  
**P** Prayer



### “Followers of Jesus give up their lives.”

- What’s your favorite food? Have you ever considered what it would be like to give that up?
- What is something in your life that you cannot imagine giving up? What does that say about the status of your heart?

**Read:** Matthew 16:24

- Have you ever spoken in “Christianese,” saying something like, “Everybody has their own cross to bear?” What did you mean when you said that?
- How would the disciples have heard and reacted to Jesus telling them to take up their own cross?

**Read:** Matthew 16:25-26

- In what ways are you tempted to “hang on to your life?”
- How can you give up your life?

**Read:** Matthew 16:27-28

- What do you know of the final judgement? Does that encourage or frighten you?
- What might you give up this week, in order to give Jesus Lordship over your life?

**Pray:** Break into groups of three and share something that you feel God is calling you to give up. Then pray for one another to be faithful in giving those things up. THEN, check in midway through your week to see how giving up is going.