



**“Follow Me: Deny Yourself”
Life Group Discussion Guide
December 18, 2011**

Introduction:

*What plans do you have for Christmas? What traditions do your family enjoy during the holidays?

In the Word:

Luke 9:23

*Which of the actions of this verse are more difficult....coming after Jesus, denying yourself, or taking up your cross? Why?

Mark 10:17-22

*How does this story relate to following Jesus? What was the young man unwilling to deny himself? What is one thing in your life you have a hard time denying yourself?

*Why do followers have to make daily decisions to follow Jesus?

*Why does “committed love” involve sacrifice? What sacrifices have you made for the sake of loving someone?

Deuteronomy 15:16,17

*What do you think about the ritual described in these verses?

*Does the concept of being a “slave” to Christ bother you? If so, why?

*How does being a slave differ from being a servant?

*How does being a slave to Christ bring us freedom?

Matthew 11:28-30

*What comfort do these verses bring to you?

*How have you seen the truth of these verses reflected in your own life?

REFLECTION

*Is there anything in your life that you feel is enslaving you? If so, what is it? How are you working to obtain freedom from it? How is your relationship with Jesus impacting this situation?

*How does “denying yourself” and “taking up your cross” relate to each other? Can you take up your cross without denying yourself?

