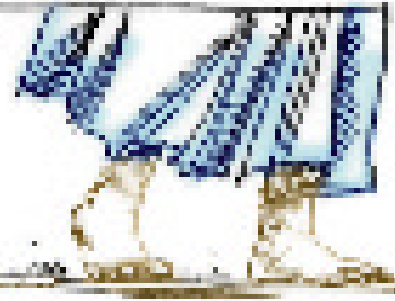


# Learning from Jesus "Follow Me."

...learning to live where the load is light



Lesson 6 / Page 1

## Loving our Lord

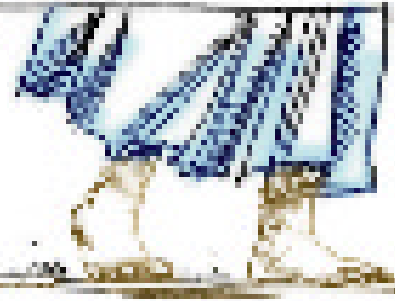
So far we have meditated on the fact that God is *love*, God is *sovereign*, and God is *all powerful*. Are you finding that these attributes are giving you a bigger picture of whom God is? Do you find yourself choosing to trust Him? Listen to what the Lord said to Jeremiah:

“Let not the wise man boast of his wisdom, or the strong man boast of his strength, or the rich man boast of his riches, but let him who boasts boast about this: that he understands and knows Me, that I am the Lord, who exercises kindness, justice and righteousness on earth, for in these I delight,” declares the Lord.” (Jeremiah 9:23-24)

1. More of God's attributes are listed in this passage.
  - a. What are they? \_\_\_\_\_  
\_\_\_\_\_
  - b. How would you define the word *boast*? \_\_\_\_\_  
\_\_\_\_\_
  - c. How might it be a good thing when speaking about the Lord? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Psalm 34:1-3 also mentions boasting. Read these two verses, and notice when this worshiper chooses to boast.
  - a. What does he say? \_\_\_\_\_  
\_\_\_\_\_
  - b. Who does he want to hear his boast? \_\_\_\_\_  
\_\_\_\_\_
  - c. What is his suggestion to those who are suffering? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. This is a beautiful psalm of encouragement. Read Psalm 34:4-6. As we meditate on God through His Word, we are seeking to know Him more. What is this writer's testimony? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Lesson 6 / Page 2

4. Psalm 34:8-10 gives instruction for those who choose to look to the Lord and be blessed.

a. What do you think it means to "take refuge in the Lord"? \_\_\_\_\_  
\_\_\_\_\_

b. In what area of your life do you feel like you are being attacked and need a place of refuge? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. He instructs us to "fear the Lord." That word *fear* can be confusing. Most of the times in Scripture when it refers to someone's relationship with the Father, it means to deeply love and revere Him. Read Psalm 34:11-14, and write out how this psalm instructs those who fear the Lord.

a. Would you say you desire to see many good days? \_\_\_\_\_  
\_\_\_\_\_

b. How will you apply this instruction to your life as a disciple of Jesus Christ? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. One of our fellow disciples came to the same conclusion as he walked this earth.

a. What does Paul say in Galatians 6:14 about where he chooses to boast? \_\_\_\_\_  
\_\_\_\_\_

b. Are you convinced that your Father God is the one who exercises "kindness, justice, and righteousness on earth" (Jeremiah 9:23-24)? \_\_\_\_\_  
\_\_\_\_\_

c. In what ways can you personally take refuge in that fact? \_\_\_\_\_  
\_\_\_\_\_

7. Take a few moments, and look back at lessons one through five in the *Loving our Lord* sections. From your study so far, what are you coming to understand and know about the Lord? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Lesson 6 / Page 3

8. Take just a few moments, and slowly read Psalm 34:1-10 aloud. How does your perspective change after meditating on this passage? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Learning His Word

In our study so far, we have learned that a disciple is one who:

- Loves God more than themselves, others, or material possessions (see Luke 14),
- Holds to the Lord's teachings (see John 8),
- Loves and serves others in the family of Christ (see John 13), and
- Keeps in step with the Holy Spirit by crucifying the sinful nature and depending on the power of God to live their life as a disciple (see Galatians 5).

Next, we will explore what Jesus taught His disciples about following Him.

1. What words come to your mind when you think of the cross of Christ? \_\_\_\_\_

\_\_\_\_\_

a. What does that symbol represent to you personally? \_\_\_\_\_

\_\_\_\_\_

2. Read Luke 9:18-27. Remember, the disciples had been following Jesus for about three years by this time. They had seen him perform miracles, love the un-loveable, face His enemies, and enjoy His friends.

a. What immediately stands out to you in this passage? \_\_\_\_\_

\_\_\_\_\_

b. Jesus is praying, and His disciples are there. First, he asks them who the crowds say He is. What is their answer? \_\_\_\_\_

\_\_\_\_\_

c. Why do you think He asked them this? \_\_\_\_\_

\_\_\_\_\_

d. In verse 20, His question gets much more poignant. What does He ask His followers? \_\_\_\_\_

\_\_\_\_\_

e. Peter answers correctly. *Jesus is the Christ, the Messiah of God.* Why do you think Jesus needed to establish this base before giving the instructions in verses 23-27? \_\_\_\_\_

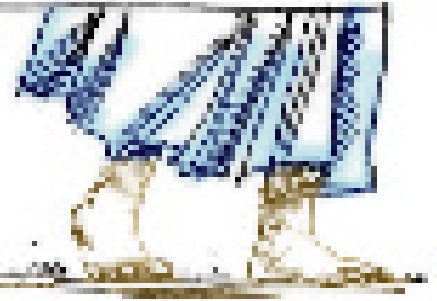
\_\_\_\_\_

f. If Jesus asked you that question directly, how would you answer? \_\_\_\_\_

\_\_\_\_\_

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Lesson 6 / Page 4

3. In Luke 9:21-22 Jesus gives His disciples a clear outline of what is to come.
  - a. What does He tell them? \_\_\_\_\_  
\_\_\_\_\_
  - b. Why do you think He chose this time to reveal His eternal plan? \_\_\_\_\_  
\_\_\_\_\_
4. Luke 9:23 says, "Then He said to them all." Jesus' disciples had been following Him for three years; now He is praying in private, but His disciples are with Him. They correctly answer the most important question anyone will ever be asked. He reveals to them God's incredible plan for the redemption of mankind and lays out the plan for His followers.
  - a. Read verses 23-27. What is the basic plan for followers of Christ? \_\_\_\_\_  
\_\_\_\_\_
5. Define the terms of being a follower of Jesus as you understand them at this point.
  - a. Deny himself \_\_\_\_\_  
\_\_\_\_\_
  - b. Take up his cross daily \_\_\_\_\_  
\_\_\_\_\_
  - c. Follow Me \_\_\_\_\_  
\_\_\_\_\_
6. What principle is Jesus teaching in verses 24-25? \_\_\_\_\_  
\_\_\_\_\_
7. What does Luke 9:26 say about the opposite of boasting in the Lord? \_\_\_\_\_  
\_\_\_\_\_
8. Read Luke 9:18-27 again. In what ways do you think these words of Christ are speaking directly to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

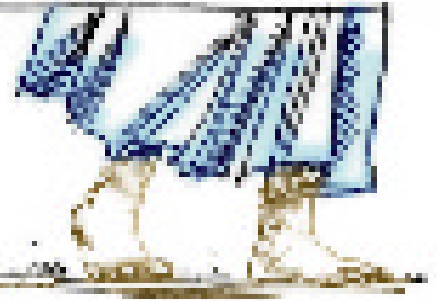
## Core Belief

Another core belief of a disciple of Christ is that God is our Rescuer, and in the passage we studied in this lesson Jesus makes that clear. He came to die in our place to rescue us from dying in our sinful state. In lesson two, we studied various scriptures that prove this fact.

1. How does Paul summarize being rescued in Colossians 1:13-14? \_\_\_\_\_  
\_\_\_\_\_

# Learning from Jesus "Follow Me."

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Lesson 6 / Page 5

a. Why would we want to hide this fact from those we love? \_\_\_\_\_

b. What advice does Paul suggest we do in Colossians 3:1-4 in response to this rescue? \_\_\_\_\_

c. What do we have to look forward to according to verse four? \_\_\_\_\_

## Living His Way

Do you remember what Jesus said in John 8:32? He said, "You will know the truth, and the truth will set you free." He loves us enough to tell us the truth. The truth is that as long as we are living for ourselves, we aren't living the life we were created in Christ to live! Once we learn to depend on Christ and deny our sinful nature, we truly begin to live.

1. In what area of your life do you think this will be the most difficult? \_\_\_\_\_

2. In lesson four, we learned that we have an amazing gift in the Holy Spirit.

a. How do you think He will help you in this process? \_\_\_\_\_

b. How does Paul describe this help to Timothy in 2 Timothy 1:7? \_\_\_\_\_

Think about the cross. One thing it represents for all of us is *forgiveness*. Jesus says we are all to carry our cross. We aren't only supposed to receive forgiveness ourselves, but because we are forgiven, we are to forgive others. This is denying ourselves the right to hold grudges.

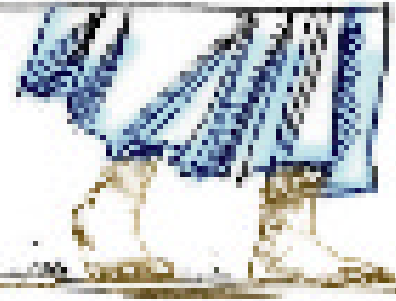
3. How is the Lord using this to show you where you need to apply His forgiveness to others? \_\_\_\_\_

4. Think about what it means for you to carry the cross, living in such a way that Christ's agenda is evidenced in your life, and you experience living in the freedom that Paul describes in Colossians.

a. What does it mean to you to carry your cross daily and follow Christ? \_\_\_\_\_

# Learning from Jesus "Follow Me."

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Lesson 6 / Page 6

b. What did Jesus focus on as He carried the cross on our behalf? (see Hebrews 12:2) \_\_\_\_\_

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After the cross came the resurrection. Victory! Sin has been defeated!

5. Pray through the following passage of Scripture from the New English Bible translation, talking to your Father about His invitation to follow Christ. Underline, circle, highlight, and make comments in and around this passage. Ask God to help you know it by heart, and may it affect how you live each day:

“If anyone wishes to be a follower of mine, he must leave self behind; day after day he must take up his cross, and come with me. Whoever cares for his own safety is lost; but if a man will let himself be lost for my sake, that man is safe. What will a man gain by winning the whole world, at the cost of his true self? For whoever is ashamed of me and mine, the Son of Man will be ashamed of him when he comes in his glory and the glory of the Father and the holy angels.” (Luke 9:23-26)

## Summary Statement

In one sentence, summarize what you want to remember from this lesson.

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## Memory verse challenge:

Luke 9:23 — Then he said to them all: “If anyone would come after me, he must deny himself and take up his cross daily and follow me.”

C.S. Lewis speaks of this perspective in his book *Mere Christianity*. He writes,

“Hope means a continual looking forward to the eternal world. It does not mean that we are to leave the present world as it is. If you read history you will find that the Christians who did most for the present world were just those who thought most of the next. It is since Christians have largely ceased to think of the other world that they have become so ineffective in this. Aim at Heaven and you will get earth ‘thrown in’: aim at earth and you will get neither.” (chapter 10, paragraph 1, p. 118)