

**Bible Study for Wednesday, January 29, 2014**  
**“Living a Life of Denial”**

**Mark 8:34-36 (KJV):**

34 And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me.

35 For whosoever will save his life shall lose it; but whosoever shall lose his life for my sake and the gospel's, the same shall save it.

36 For what shall it profit a man, if he shall gain the whole world, and lose his own soul?

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**Do we want to follow Jesus?**

**Denying ourselves:**

- What does it mean to deny ourselves? What does that look like?
- What activities are we supposed to deny? Why are we supposed to deny them?
- What people are we supposed to deny? Why are we supposed to deny them?
- What places are we supposed to deny? Why are we supposed to deny them?
- In what ways is denial present in our lives?
  - **If we find it difficult to list things that we have denied for the sake of following Jesus, can we truly say that we are following Jesus?**
- Why do we deny ourselves? Do we deny ourselves because Jesus requires it and we want to be obedient or do we deny ourselves because we cannot physically participate in that particular activity?
  - Do we not gamble, smoke or drink because we want to live holy or because we cannot financially afford to participate?
  - Do we not fornicate because we want to live holy or because no one is asking?
- How can we make sure that we are denying ourselves correctly?
- **What are the benefits of denying ourselves?**

**Taking up our cross:**

- What does it mean to take up our cross? What does that look like?
- How do we know that we have taken up our cross?
- How can we make sure that we have *our* cross and not someone else's cross?
- **What are the benefits of taking up our cross?**

**Following Jesus:**

- What does it mean to follow Jesus? What does that look like?
- What things do we need to do to establish and maintain a relationship with Jesus?
- Are we willing to do whatever it takes to establish and maintain a relationship with Jesus?
- How do we know that we are following Jesus?
- **What are the benefits of following Jesus?**