**[The Cross Teaches About Cross Bearing](https://theproverbseveryday.wordpress.com/2022/05/16/the-cross-teaches-about-cross-bearing/)**

A group of crosses

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This series has explored what it means to be “conformed to His (Jesus’s) death”. So much about Jesus attitude and actions in the events surrounding His death is an example for us to conform our lives to.

Today’s lesson is just as Jesus had to die on the cross we are to take up our cross and follow Him.

Read these 3 texts in the New Testament where Jesus talks about cross bearing:

Matthew 10:34-39

Matthew 16:21-25

Mark 10:17-22

Jesus said to “Take up your cross and follow” Him.  What are your first impressions when you hear Jesus say we must  “take up our cross”?

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Is cross bearing optional? What language says it is not? (See also Luke 14:25-27) What other detail does Luke add in Luke 9:23?

In the context of the 3 examples in the New Testament what are some specific examples of cross bearing?

In the case of Jesus what followed the cross and how does that part also apply to us?  (Matthew 16:21, 25)

Should we look at cross bearing as a negative or positive thing in our lives?