

Take up your cross

“If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me.” Mark 16:24

Jesus asks us to follow him, to be his disciple.

The symbol of the cross reminds us that we can follow him every day.



Discuss Together

- What does Jesus mean when he tells us to take up our cross?
- What “crosses” (things that are difficult) are there in your life?

Activity

1. Take two sticks.
2. Tie them together in the shape of a cross using twine
3. Think of how you might follow Jesus, or take up your cross, this week.
4. Write this down as a prayer on a luggage tag, and tie it to your cross.
5. Put your cross on your prayer table to remind you to take up your cross and follow Jesus.

