



Getting Over Yourself

- 1) What do you think of when you hear the phrase "Be yourself"?
What are the potential negative effects of this phrase?
- 2) Share about a time when you denied yourself of something you wanted and it benefited you later. What helped you do that? What helped you lay that down?
- 3) If you came across something that Jesus was leading you to lay down, do you feel prepared to do so? Why or why not?

Luke 9:23-24 "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it."