

“Then He called the crowd to Him along with His disciples and said: ‘Whoever wants to be My disciple must deny themselves and take up their cross and follow Me.’”

Monday – The Invitation to Follow Jesus

- **Scripture:** Mark 8:34-38
- **Reflection:** Jesus' call is both personal and costly. To follow Him is not merely to admire His teachings, but to submit our lives to His lordship. Self-denial begins with acknowledging that Jesus, not self, is at the center.
- **Reflection Questions:**
 1. What does it mean to be a disciple of Jesus?
 2. How does His call challenge your faith?
 3. What areas are hardest to surrender?
- **Prayer:** Lord Jesus, help me follow You with humility and obedience. Amen.

Tuesday – Denying Self

- **Scripture:** Luke 9:23; Romans 12:1–2
- **Reflection:** Self-denial is surrendering our will to God and offering our lives as living sacrifices.
- **Reflection Questions:**
 1. What desires compete with God's will?
 2. How does surrender bring freedom?
 3. What step can you take today?
- **Prayer:** Father, renew my mind and shape my desires. Amen.

Wednesday – Taking Up the Cross Daily

- **Scripture:** Luke 14:27; Galatians 2:20
- **Reflection:** Taking up the cross means dying to self and living for Christ daily.
- **Reflection Questions:**
 1. What does daily cross-bearing look like?
 2. How does Christ live through you?
 3. Where is obedience difficult?
- **Prayer:** Jesus, help me live for You today. Amen.

Thursday – Letting Go to Gain True Life

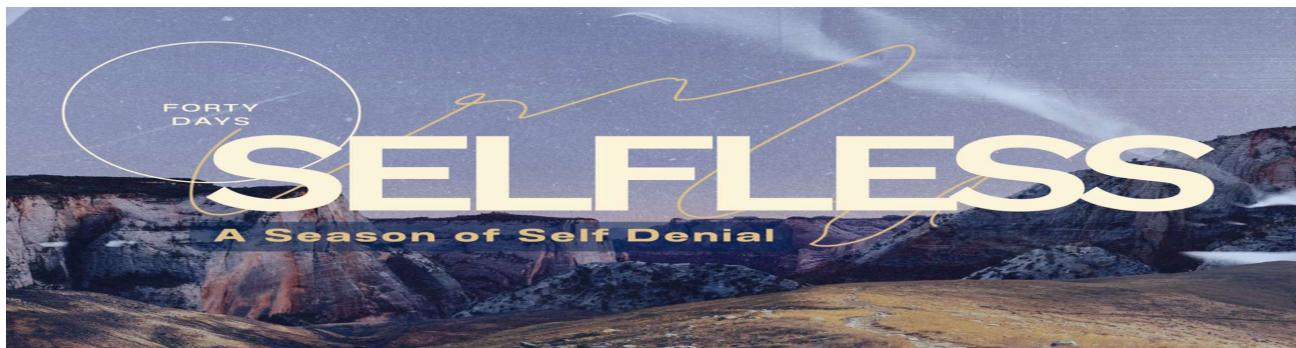
- **Scripture:** Mark 8:35; John 12:24–25
- **Reflection:** True life is found by surrendering control to God.
- **Reflection Questions:**
 1. What fears hold you back?
 2. What is God asking you to release?
 3. How does surrender deepen faith?
- **Prayer:** Lord, I trust You with my life. Amen.

Friday – Choosing Eternal Over Temporary

- **Scripture:** Mark 8:36-37; Matthew 6:19–21
- **Reflection:** Eternal treasures outweigh worldly gain.
- **Reflection Questions:**
 1. What distracts you from Christ?
 2. How can you invest in eternity?
 3. What does it mean to treasure Jesus?
- **Prayer:** God, align my heart with eternity. Amen.

Saturday – Walking Faithfully with Christ

- **Scripture:** Mark 8:34; Colossians 2:6-7
- **Reflection:** Following Jesus is a lifelong walk of faith and obedience.
- **Reflection Questions:**
 1. What has God taught you this week?
 2. What changes is He calling you to make?
 3. How will you continue following Jesus?
- **Prayer:** Jesus, I commit my life to You anew. Amen.



Selfless – Monday, January 12th – Saturday, January 17th