



**“The Exchange”**  
**Pastor Scott Farmer**  
**Mark 8:31-38**  
**March 6, 2016**

**Opening Remarks**

Following Jesus one day at a time is THE best way to live your life. Jesus came not just to die for us, but to show us how to live. So far in our series, we have engaged His invitation, our temptations, his mission and his new community. Today we face the exchange we must make in order to follow him. His benefits are definitely worth the cost!

**Warm it up**

What are some benefits of believing and following Jesus? Why do you like following Jesus?

**Talk it over** - Read Mark 8:27-38

- 1] In verse 30, after Peter had announced that he believed Jesus is the Messiah, why did Jesus warn them not to tell anyone?
- 2] Jesus rebuked Peter [v. 33] saying “you do not have in mind the concerns of God, but merely human concerns”. What are “human concerns”? What are “concerns of God”?
- 3] Jesus said his followers must “deny themselves and take up their cross and follow him.” [v.34]
  - a] What does “deny yourself” mean? What does it look like in practical life?
  - b] What does “take up your cross” mean? What does it look like in practical life?
- 4] For the best biblical exposition of answers to these questions, read together Ephesians 4:22-5:1 and Colossians 3:2-4:6, making comments on the apostle Paul’s practical application of these truths in daily experience.

### Work it out

5] How much do you want to be Jesus' disciple? Are you ready to deny yourself? Take up your cross? Follow him one day at a time?

6] What behavior, desire, or attitude do you need to put to death or take off [Eph. 4:22; Col. 3:9]?

What behavior, desire or attitude do you need to put on or live into [Eph. 4:24; Col 3:12]?

### Wrap it up

Jesus offers a life that is truly life! We follow him because He is indeed the way, truth and life. Dying to our old, God-avoiding self and choosing to live in Him is the best exchange we could ever make. God is infinitely wise, loving, powerful, and available by His Spirit to live in and through us. Let's give ourselves without reservation to worship Him, connect with one another as partners on the wonderful journey from who we are to who He invites us to become! Then let's serve His good purposes as long as we have breath!

### Pray it through

Try to voice your prayer request to your group as you seek to live this exchange in the coming weeks. Pray the Lord's Prayer together as a group.