



## FACT SHEET **CROSS**

**John 19:17-20**

### **Read It:**

**John 19:17-20**

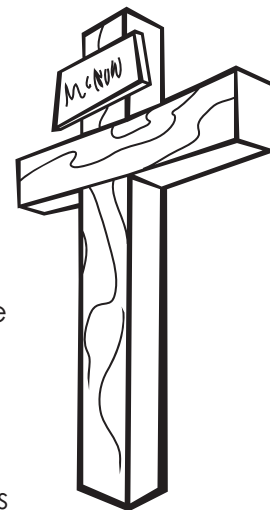
### **Talk It:**

What does it mean to take up your cross daily and follow Jesus?

### **Know it:**

Crucifixion, or death on a cross, was the punishment used in Bible times for the worst criminals. The Romans created this death penalty as the ultimate humiliation to shame and drive fear into those who opposed them. Jesus told His disciples, "If you want to follow me, you need to take up your cross and follow me daily." (Luke 9:23) Paul explained this in the Bible when he said, "To live is Christ and to die is gain." (Philippians 1:21) Jesus laid down His life for us.

We need to be ready to live our lives totally for God even to the point of death.



God doesn't often ask someone to die for Him, but we need to be willing to do anything for God – after all, Jesus gave His all for us, even death. So what are our "crosses" today? We can give God our all when it comes to our time, our money, our toys, our work, our friendships – anything that is important to us. Every decision we make, we need to ask ourselves, "What would God want me to do?" He saved us, so we want to show our thankfulness by obeying Him in return.

### **Go Do It:**

WWJD is a saying that came out a number of years ago. WWJD simply means, "What Would Jesus Do?" You can buy bracelets with WWJD on them as a reminder to help you ask, "What would Jesus do?" when you make decisions throughout your day. We need to live each day for God and live like it is our last day. It is similar to when you play a sport, and your coach says to leave everything you've got on the court or on the field. We need to live like Christ every day and give it all we've got.