

Becoming a Disciple of Jesus Christ

NEW TESTAMENT SEMINARY MANUAL

Take up your cross

Read Luke 9:23, looking for the Savior’s requirements to be His disciple.

- What does this verse teach about being a true disciple of Jesus Christ?

This verse alludes to the physical cross Jesus Christ carried and suffered upon in order to fulfill His Father’s will. Although we are not asked to carry a physical cross like the Lord did, we are asked to follow Him by fulfilling Heavenly Father’s will for us even when it is difficult.

Read Joseph Smith Translation, Matthew 16:26 (in Matthew 16:24, footnote e), and look for what it means for us to take up our cross and follow Jesus Christ.

Elder Ulisses Soares of the Quorum of the Twelve Apostles explained what it means to take up our cross.



We learn through the scriptures that those who wish to take their cross upon themselves love Jesus Christ in such a way that they deny themselves of all ungodliness and of every worldly lust and keep His commandments.

Our determination to cast off all that is contrary to God’s will and to sacrifice all we are asked to give and to strive to follow His teachings will help us to endure in the path of Jesus Christ’s gospel—even in the face of tribulation, the weakness of our souls, or the social pressure and worldly philosophies that oppose His teachings. (Ulisses Soares, “Take Up Our Cross,” *Ensign* or *Liahona*, Nov. 2019, 113–14)

- Why do you need to deny yourself of any ungodliness or worldly lusts in your life?
- In what ways can denying yourself of ungodliness or worldly lusts be like carrying a cross?
- How do you think “taking up your cross” can help you be a true disciple of Jesus Christ?

THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

Lose your life to save it

Read Luke 9:24–25, looking for what the Lord taught about being His disciple.

- What do these verses teach about being a true disciple of Jesus Christ?
- In what ways do you think people who focus on their own will and selfish desires will eventually “lose” their lives?
- What do you think it means that you will save your life if you lose it for Jesus Christ?

President Thomas S. Monson (1927–2018) explained what it means to lose our lives for Jesus Christ.



Those who live only for themselves eventually shrivel up and figuratively lose their lives, while those who lose themselves in service to others grow and flourish—and in effect save their lives. (Thomas S. Monson, “What Have I Done for Someone Today?” *Ensign* or *Liahona*, Nov. 2009, 85)

- Who do you know who has chosen to lose his or her life for the sake of Jesus Christ? What effect has this decision had on this person?
- In what ways are you blessed because Jesus Christ lived the teachings in these verses?

Overcome distractions and excuses

Read Luke 9:57–62, looking for what certain individuals desired to do before following the Savior.

- What do these verses teach about being a true disciple of Jesus Christ?

Jesus Christ did not indicate that it is wrong to mourn a loved one’s death or to say goodbye to friends and family. Instead, He was teaching them an important lesson about the cost of discipleship.

President Howard W. Hunter (1907–1995) explained the analogy of the plow in Luke 9:62.



To dig a straight furrow [or trench], the plowman needs to keep his eyes on a fixed point ahead of him. That keeps him on a true course. If, however, he happens to look back to see where he has been, his chances of straying are increased. The results are crooked and irregular furrows. . . . If our energies are focused not behind us but ahead of us—on eternal life and the joy of salvation—we assuredly will obtain it. (Howard W. Hunter, “Am I a ‘Living’ Member?” *Ensign*, May 1987, 17)

- What are common reasons that people today might give for choosing not to follow the Lord?
- How can you stay focused on what the Savior has asked you to do now and in your future?