

Mark 8:31-37

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus say must happen to him, and what does he say it costs to follow him?

2. What does it show me about people — and about myself?

What might losing your life for Jesus mean for you?

3. What will I obey this week? (a concrete step, with a day)

What is one thing you will deny yourself to follow Jesus this week?

4. Who will I tell?

Who needs to count the cost and hear the call to follow?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

Jesus, help me set my mind on your things, not merely human ones. Give me courage to take up my cross and follow you.
