

# Short & Sweet: Take up His Cross by Mary Kane



Nourishment and Refreshment for your soul.

*When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. Mark 8:34*

Everyday, God commands us to **take up** our cross and follow Him. On my jewelry rack I have a variety of crosses to take up and put on – one to suit my every mood. On casual days, I **take up** my plain silver cross and clasp it around my neck. If I am feeling a little trendy, I have several edgy-looking crosses to take up and sling on. When I need to look elegant, I **take up** and put on my crystal cross. I love how it feels as I slip its costly sterling silver chain over my head. It is beautiful; covered in crystals, in a setting of silver ...

How different my collection of crosses is from the cross of Christ. Perhaps taking **taking up** my cross is more than just putting on an ornament. Maybe taking up my cross is really **taking up His cross** ... walking in His steps. Sacrifice, love, obedience.

The cross of Christ. It is for every day, every situation, every challenge. The cross of Christ is a beautiful cross – plain, wooden, edgy, costly – covered in blood, in a setting of love. I must deny myself, **take up** His cross, and follow Him.

### **Action Points**

1. What does it mean to deny yourself?
2. What do you need to lay down so you can have the strength and ability to **take up** His cross?
3. Where does Jesus want you to follow Him?

Life is sweet.

*Mary Kane*