## Following Jesus

Matthew 16:24 says, "Then Jesus said to his disciples, 'If anyone would come after me, he must deny himself and take up his cross and follow me.'" What did Jesus mean? Look at each phrase below, then explain each phrase in your own words, writing one sentence for each phrase.

"DENY HIMSELF"	
	-
"TAKE UP HIS CROSS"	

"FOLLOW ME"	

