

## Self-Denial and the Cross

*Death on a Cross. Those sentenced to death on a cross in the Roman period were usually beaten with leather lashes-a procedure which often resulted in severe loss of blood. Victims were then generally forced to carry the upper crossbeam to the execution site, where the central stake was already set up.*

*After being fastened to the crossbeam on the ground with ropes-or, in rare cases, nails through the wrist-the naked victim was then hoisted with the crossbeam against the standing vertical stake. A block or peg was sometimes fastened to the stake as a crude seat. The feet were then tied or nailed to the stake.*

*The recent discovery near Jerusalem of the bones of a crucifixion victim suggests that the knees were bent up side-by-side parallel to the crossbeam and the nail was then driven through the side of the ankles. Death by suffocation or exhaustion normally followed only after a long period of agonizing pain.*

Matt 10:37-39 37 "Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; 38 and anyone who does not take his cross and follow me is not worthy of me. 39 Whoever finds his life will lose it, and whoever loses his life for my sake will find it. NIV

Matt 16:24-26 24 Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. 25 For whoever wants to save his life will lose it, but whoever loses his life for me will find it. 26 What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul? NIV

Mark 8:34-38 34 Then he called the crowd to him along with his disciples and said: "If anyone would come after me, he must deny himself and take up his cross and follow me. 35 For whoever wants to save his life will lose it, but whoever loses his life for me and for the gospel will save it. 36 What good is it for a man to gain the whole world, yet forfeit his soul? 37 Or what can a man give in exchange for his soul? 38 If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of him when he comes in his Father's glory with the holy angels." NIV

Luke 9:23-26 23 Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. 24 For whoever wants to save his life will lose it, but whoever loses his life for me will save it. 25 What good is it for a man to gain the whole world, and yet lose or forfeit his very self? 26 If anyone is ashamed of me and my words, the Son of Man will be ashamed of him when he comes in his glory and in the glory of the Father and of the holy angels. NIV

Luke 14:25-27 25 Large crowds were traveling with Jesus, and turning to them he said: 26 "If anyone comes to me and does not hate his father and mother, his wife and children, his brothers and sisters-yes, even his own life-he cannot be my disciple. 27 And anyone who does not carry his cross and follow me cannot be my disciple. NIV

**Phil 3:7-8 7 But whatever was to my profit I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ. NIV**