

Luke 9:24–26, 57–62

Disciples of Jesus Christ

Jesus Christ taught many truths about how we can become His disciples. This lesson can help you identify ways to be a true disciple of Jesus Christ.

Becoming a disciple of Jesus Christ

- Have you ever played a game in which you had to follow someone's lead?
- What made this game easy, difficult, or enjoyable?

Throughout His ministry, Jesus Christ invited people to follow Him and become His disciples. A disciple is someone who has been baptized, follows Jesus Christ, and strives to live according to His teachings. In [Luke 9](#), we read about various principles that, if followed, can help us become Jesus Christ's disciple.

- Considering what you know about Jesus Christ, why would it be worth great effort to become His disciple?

Each of the following three sections focuses on one of the Savior's teachings. These can help you as you strive to be a disciple of Jesus Christ. Read through the sections, and select one or more to complete. Invite the Holy Ghost to give personal revelation of ways you can apply what you learn in your life.

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)

Answer the following questions:

- 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?

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?

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- 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](#).

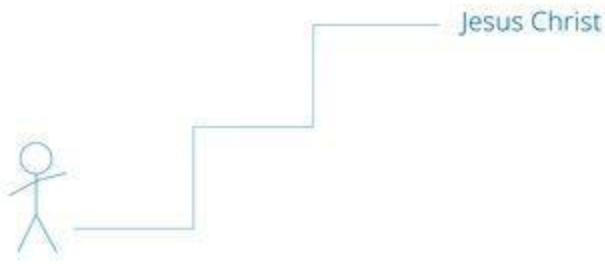
To dig a straight furrow [or trench], the plowman needs to keep his eyes on a fixed point ahead of him. That keeps him on a true course. If, however, he happens to look back to see where he has been, his chances of straying are increased. The results are crooked and irregular furrows. ... If our energies 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?

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- How can you stay focused on what the Savior has asked you to do now and in your future?

My next step

Draw a staircase with at least three steps. Write *Jesus Christ* at the top of the steps. Create a representation of yourself at the bottom of the steps.



Seek the guidance of the Holy Ghost as you think about your efforts to be a disciple of Jesus Christ and how you can better follow Him. Remember that the Holy Ghost can put thoughts in your mind and feelings in your heart as you ponder (see [Doctrine and Covenants 8:2–3](#)).

List possible steps you might take to help you as you strive to be a disciple of Jesus Christ. You could select those that you feel like the Lord would have you take, or label the steps in the order you want to try them.

1. Answer the following questions:

- What is the next step you can take in your efforts to be a more faithful disciple of Jesus Christ?

- What do you imagine progress will look like when you take this step?

- In what ways do you think the Savior can help you as you take this and future steps?
