

# Matthew 10:37–39

In pairs or small groups, study the assigned verses together and discuss your answers to the questions.

Read Matthew 10:37–38, and look for the sacrifices the Savior said we must be willing to make as His disciples. The phrase “worthy of me” in these verses means to be a worthy representative of the Lord and be deserving of His blessings.

- Why do you think it is necessary for disciples of Jesus Christ to love Him above all others—including their own family members?

The cross mentioned in verse 38 alludes to the physical cross Jesus Christ carried and was lifted upon to fulfill His Father’s will. Figuratively, Jesus Christ called upon His followers to likewise “take up [their] cross, and follow [Him]” (Matthew 16:24).

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.

Read Matthew 10:39, looking for principles Jesus Christ taught about sacrifice. The Joseph Smith Translation clarifies the beginning of this verse to read, “He who seeketh to save his life . . .” (see verse 39, footnote a). In this context, the phrase “save his life” means to live selfishly rather than seeking to serve God and His children.

- In what ways do you think people who focus on their own will and selfish desires will eventually “lose” their lives?

Complete the following statement using your own words:

**If we seek to save our lives, then** \_\_\_\_\_.

Consider marking in verse 39 the promise that the Savior made to those who lose their lives for His sake. To lose our lives for His sake is more than being willing to die for Him. It means to be willing to give of ourselves each day to serve Him and the people around us.

- What do you think it means that we will find our lives as we lose them for His sake?

Complete the following principle using your own words:

**If we lose our lives for the sake of Jesus Christ, then** \_\_\_\_\_.

Read the following statement by President Thomas S. Monson, and then discuss your answers to the questions that follow.



“I believe the Savior is telling us that unless we lose ourselves in service to others, there is little purpose to our own lives. 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” (“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?

