

**Body of Christ discomfort**  
**For the week of September 16 – 22**

**Prayer: That we might embrace the discomfort of life in Christ**

**Day 1: Matthew 26:14 – 35**

Three questions to ponder:

- Where does Jesus step into discomfort in this text?
- When you have faced similar situations, how have you responded?
- What do you believe God is doing **in you** through the discomfort of faith in God and loving neighbors?

**Day 2: Mark 8:31 – 38**

Three questions to ponder:

- Would anyone willingly make self-denial part of their life?
- How does Jesus hold up discomfort in this text?
- How is the life Jesus commands for us possible?

**Day 3: Matthew 11:28 – 30 & John 12:24 – 26**

Three questions to ponder:

- How should we make sense of these passages?
- How does Jesus illustrate both passages?
- When have you experienced both aspects of these passage simultaneously?

**Day 4: Galatians 2:17 – 21, 6:1 – 5**

Three questions to ponder:

- Where do sense the discomfoting call of following Jesus in this text? What makes it uncomfortable?
- What is the significance of actually living the way we are called to live?

**Day 5: Exodus 20:1 – 21**

Two questions to ponder:

- What is uncomfortable about this passage? Why?
- How do you imagine Israel experienced these words?

**Further Reflection:** Where might God be calling you into greater community? What idol or ideal might need refinement as you pursue the life of holiness in following Jesus?