

"Denying Yourself for a Bigger Purpose"

There once was a boy named Cameron who loved playing with his favorite toy—a shiny red race car. Every morning after breakfast, Cameron would race his car around the house. One day, as he was about to play, he noticed his neighbor, Mr. Thompson, struggling to carry groceries. Although Cameron really wanted to play, he remembered something Jesus said:

“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.” (Luke 9:23)

Cameron decided to help Mr. Thompson carry his groceries instead of playing. At first, it wasn't easy because he really wanted to race his car. But as he helped, he felt a warm joy inside, knowing he was following Jesus' example. Later, Cameron realized that by denying himself a little fun, he was growing and learning to care for others—just as God wants.

Fill in the Blank

Complete these sentences together:

1. When I choose to deny myself _____, I am following Jesus.
2. I feel _____ when I help someone even if it means giving up something I like.
3. Denying myself means putting others before _____.

What does “denying yourself” mean to you? _____

How was Cameron's choice to help Mr. Does Thompson show spiritual growth? _____

What are some things you might need to give up sometimes in order to follow God's will?

How can denying ourselves lead to a happier, more caring life? _____

Dear God,

Thank you for loving us every day. Help us to follow Jesus by sometimes giving up what we want so we can do what's right. Guide us to be kind and grow in our faith. Amen.