

Sunday School – 7/19/2020

**Casting Down and Picking Up
Take Up The Cross Daily**

The Woman at the Well – Leaving it all behind

1 Peter 5:7 - Casting all your care upon him; for he careth for you.

Cast –Greek – **epirrhpto ep-ir-hrip'-to:** to throw upon -- cast upon.

- Luke 19:35 – the triumphant entry of Jesus:
- Psalm 55:22 - Cast your cares on the LORD

Ecclesiastes 3 - list of opposites -- verse **6a** time to keep and a time to **throw away**,

What should we take up?

John 5:1-14 - Jesus Heals at the Pool of Bethesda

Luke 9:22-26 -- deny himself and take up his cross daily and follow me.

1. Self-denial

2. Take up the Cross – Condition of the heart

3. Daily