

FTL Lesson 8: Choosing to Deny Self

Key Scripture: Luke 9:23-24

“And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it...”

- **No exceptions:** “If any...”
- **Daily Choice:** “Deny himself...”
- **Sacrifice:** “Take up his cross...”
- **Lifelong Pursuit:** “Follow me...”

Envision Having the Following Qualities:

- A **knowledge** of God that shaped a view of life that consistently conforms to God’s design.
- A Christlike **self-control** that enables you to consistently say no to those intense desires that destroy you when you give in to them.
- A Christlike **endurance** that enables you to resist temptations that come from friends, the media, and the culture.
- A Christlike **godliness** that enables you to confidently stand up for what is right and speak boldly for Christ.
- A Christlike **brotherly kindness** that enables you to deal patiently, wisely, and kindly with those who wrong you.
- A **Christlike love** that enables you to make personal sacrifices for spiritual growth.

You are looking at marks of spiritual maturity: 2 Peter 1:5-8

- **Good news: 2 Peter 1:3-4** “His divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust...”
- **Good news: 2 Timothy 3:16-17** “All scripture is given by inspiration of God...That the man of God may be perfect, throughly furnished unto all good works...”
- **Good news: 1 Thessalonians 5:24** “Faithful is he that calleth you, who also will do it...”

A balancing principle: God accomplishes this work in us as we cooperate with Him.

- **He provides the enabling by His Spirit.**
- **He provides the direction through His word.**
- **We are called to trust and obey as people who are redeemed and alive in Christ.**
- **Trusting and obeying involves daily self-denial: Luke 9:23-24**
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Self-denial: "Put off and put on as those who are..."

- **Romans 13:12** "The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armour of light..."
- **Ephesians 4:22** "Put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts..."
- **Colossians 3:8-9** "But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth. Lie not one to another, seeing that ye have put off the old man with his deeds..."
- **Romans 6:11** "Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord..."
- **Colossians 3:5** "Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry..."
- **Romans 8:13** "If ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live..."

Put another way: "Just two choices on the shelf-pleasing God and pleasing self..."

- When we choose to indulge in addictive or impulsive behavior...
- When we choose to justify bitterness and anger...
- When we choose to blame others for our negative emotions...
- When we choose to excuse skipping church because we are too tired or have other pressing concerns...
- When we choose to allow other things to replace prioritizing personal and family worship...
- When we choose not to work at memorizing scripture because it is too difficult...
- When we choose to deceive others or take things that are not ours...
- When we give in to sexual temptations especially through media...