



Series: No More Milk  
Topic: Denial of Self  
Text(s): Matthew 16:24  
Date: June 22, 2025

## Introduction

Our conversation last week about corporate discipline focused on the importance of the local church to our growth and maturity as Christians. The instruction to not forsake the assembly is beyond Sunday worship rather identifying the answer to the question, what gathering amongst believers have I abandoned? And as a result, do not bear fruit in that area? Today our conversation, centers around a familiar foe, the self.

## Laying the Foundation

- Self-denial is one of the central themes of all the Bible and the epicenter of the core idea of the Christian faith.
- What does biblical self-denial attack the core of the human experience?
  - The rich young ruler: **Matthew 19:16-27**
  - Confidence in the flesh: **Philippians 3:2-11**

“Self-denial is the willingness to deny oneself possessions or status, in order to grow in holiness and commitment to God”

Why can't we just believe Jesus is the Son of God and go our merry way living a good life? Adam fell because of self-indulgence. Jesus overcame self-denial.

## The Great Example

- Jesus modeled self-denial by taking a form of man and being found in the same form. **Philippians 2:6**
- He modeled self-denial by his life, death, and resurrection. **Matthew 26:39**
- His devotion to getting away from the masses to be with God was model of self-denial. **Mark 1:35**
- He lived a life that was fueled by the will of God and not demand of status

## The Struggle

- Choosing to live a life of self-denial presents an immediate struggle and the presence of a struggle reveals that there are opposing forces in our quest to live that denies self. **1 Peter 4:1-2**
- The flesh is carnal, yet the Holy Spirit is greater than our flesh, so we overcome the flesh by choosing to deny ourselves to empower the Holy Spirit – **Romans 7:14-25**

## Paths to Overcome

- It is possible to grow in self-denial: **Titus 2:11-13**
- Fasting is a primary way to grow out of self-indulgence.
- Giving and Generosity.
- Daily Prayer and Intercession
- Service to Others especially those who belong to the household of faith. **Philippians 2:4-8**

## Conclusion:

In a popular book *The Cost of Discipleship*, Dietrich Bonhoeffer defines self-denial in this quote “When Christ calls a man, he bids him come and die. Our salvation is to receive life and light in exchange for our darkness and death. In this salvation the carnal flesh is crucified daily by the consistent decision to deny our self to grow in holiness and commitment to God.