

Unreasonable Obedience

Lesson 5 – Denying Yourself

Series Overview

The obedience to which Jesus calls his followers goes beyond what feels _____ or even _____.
Jesus never commands anything he doesn't also _____ in His people,
because these commands are meant to drive us to _____ on Him.

Why It Matters

Mark 8:34 — *And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me."*

Self-denial is not a _____ calling for more _____ or serious Christians.

It is instead the _____ calling given to us.

This is just another way of talking about _____.

The choice is between _____ as lord and _____ as Lord.

Philippians 3:19 – Our desire ('appetite') becomes our _____ that we serve.

Scripture pictures this tension as a battle between the _____ and the _____

Galatians 5:16-17

The 'flesh' in this sense is not the _____ body. It's worldly _____.

1 John 2:15-17

Why It Seems Unreasonable

Denying yourself goes against the most basic human instinct to seek _____.

We see our life as something that is _____ to control and enjoy.

When we reject God as our creator and designer, it is then up to us to determine our own _____.

Our culture does not believe that humans have a _____ purpose to fulfill or _____ to follow.

"Existence Precedes Essence" – Philosopher Jean-Paul Sartre

We are taught to assume that we know what is _____ for ourselves,

and that we know what will give us the greatest _____.

Logically, this only leads to one end: self-_____

Luke 12:19; 1 Corinthians 15:32

What it Looks Like

Denying self is *not* a denial of _____ (i.e., *We're not allowed to be happy*)

Ecclesiastes 3:12-13; 1 Timothy 4:1-4

It is instead a recognition that some things that we enjoy are barriers to greater, lasting joy

Denying self is *not* a denial of self-_____ (“*as you love yourself*”)

Otherwise, ***Matthew 22:39*** makes no sense. Also ***Ephesians 5:28-29***

Denying self is *not* mandatory _____

Proverbs 6:6-8; 31:18

Denying self is best understood in the context where Jesus taught it: ***Mark 8:34-38***

Self-denial is partnered with two other commands: take up [a] _____, and _____ Jesus.

Those commands are likened to _____ your life (v35)

It's easy to think of this only in terms of literally dying for Christ,

but what he actually asks is much _____.

This is what Paul is saying in ***Romans 12:1-2*** - being a _____ sacrifice

What does that look like in verse 2?

Denying self means intentionally _____ the world's way of living.

Romans 13:14

Denying self means Christ lives _____ us, choosing _____ ways

Galatians 2:20

How the Gospel Enables Us to Do It

The Gospel uses promises of greater _____ to motivate us to deny ourselves – ***Mark 8:36-37***

This is the discipline of _____ gratification, as Jesus practiced in ***Hebrews 12:1-2***

Look at what Jesus promises in ***John 15:11-13***

Laying down their lives is practiced by _____ one another – see ***Philippians 2:3-8***

And showing this kind of self-denial is how their _____ will be full.

Denying yourself is an intentional, purposeful, trusting act of saying no to _____ things,

so that you can say yes to the _____ things.

Hebrews 11:16, 24-26