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Forget You! And Forgiving Others!
(Denying self and delivering others)

Intro: Following Jesus involves both self-denial and crucifixion. Jesus could not have made it any plainer. He calls for wholehearted devotion to Him for life! Self-denial brings medieval images to mind: modification of the flesh, cold showers, celibacy, the absence from fun and creature comforts. Yet self-denial is none of these. Neither is it having low self-esteem, always running yourself down, never rejoicing in the good you accomplish or never laughing. *“Whoever finds his life will lose it, and whoever loses his life for my sake, will find it”.*

There are three great differences between most religions and Christianity regarding self-denial:

Buddhism & Other Religions

- Self-denial is a means to spiritual enlightenment
- Self-denial is a religious practice
- Self-denial is performed for the benefit of one self

Christianity

- Self-denial is an indicator of pre-existing character
- Self-denial is not a religious practice, rather it is an expression of love for others and for God
- Self-denial is not performed for personal spiritual benefit, it is always performed on the behalf of others

Let's look at the biblical teaching of self-denial (Excuse me, let me get out of my way!!)

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| 1. Self-denial reveals and tests our love for God | Genesis 22:1-13 |
| 2. Self-denial reveals that we truly love other people | 1 Samuel 23:17-18 |
| 3. Self-denial indicates that we are growing in our love for God and for others | 1 Corinthians 10:23-33
1 John 3:16 |
| - Denying oneself for oneself is not an expression of selfishness, rather it is a misguided expression of selfishness | |
| 4. Rightly expressed self-denial is an expression of true love | 1 Corinthians 13:3 |