

WHY?: “Why Deny Yourself?”

Message Map
October 13, 2019

Scripture Text: Matthew 6:16-18

STARTING POINT: How can you be a witness for Jesus this week?

Why deny yourself? Jesus said **“When you fast . . .”**

Self-Denial - “The intentional abstaining from something that is pleasurable to the body or to the mind for the purpose of focusing on a deeper relationship with God so that we can hear from God and receive that which only God can provide.”

1) Self-Denial is all about creating some **S**_____ for God to come in and fill that intentional void.

2) Self-Denial supplies **P**_____ to live the full life that Jesus promised.

“That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties.
For when I am weak, then I am strong.”

2 Corinthians 12:10

SELF EXAM: What’s an area in your life that you can make room for God?

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6: 16-18

3) Self-Denial gives us **F**_____ so we can prioritize our lives.
“Jesus answered, ‘It is written, people do not live on bread alone, but from every word that comes from the mouth of God.’” Matthew 4:4

“Fasting/Self-denial reminds us we are alive because of the ‘Ruha,’ the breath and power of God.”

WARNING: There’s going to be a fight when you remove gratifying things from your body or your mind.

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

Ephesians 6:12

“Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.”

Jesus - Luke 9:23