

Deny Oneself/ Dying to The Old Man

You are growing spiritually when you do what is right when you feel like doing what is wrong.

To “deny yourself” is a core, daily Christian commitment to surrender one’s own will, selfish desires, and personal agenda to follow Jesus Christ, prioritizing God’s purpose over personal gratification. It means moving from a self-centered like to a Christ-centered one, often requiring the sacrifice of personal comforts, rights, or ambitions.

God tells us that we must put to death the dictates of the flesh. We do this by denying them the right to control us. If we give in to them, we feed them, and they remain strong. But you can kill anything by starving it. If we don’t keep feeding harmful emotion, actions, thoughts etc., they will lose their strength and hold over us.

Key Practices of Self-Denial for God

Daily Surrender: Actively choosing to follow Jesus by putting His will above your own, which often means praying for guidance before making plans.

Humility and Service: Shifting focus from selfish, I-centered desires to loving and serving others, regarding them as more important than yourself.

Sacrificial Living: Practicing voluntary sacrifices like fasting, giving to the needy, or living modestly to deepen reliance on God.

Letting Go of Control: Entrusting your rights, plans, and reputation to God.

Luke 9:23 ESV

And he said to all, “ If anyone come after me, let him deny himself and take up his cross daily and follow me.