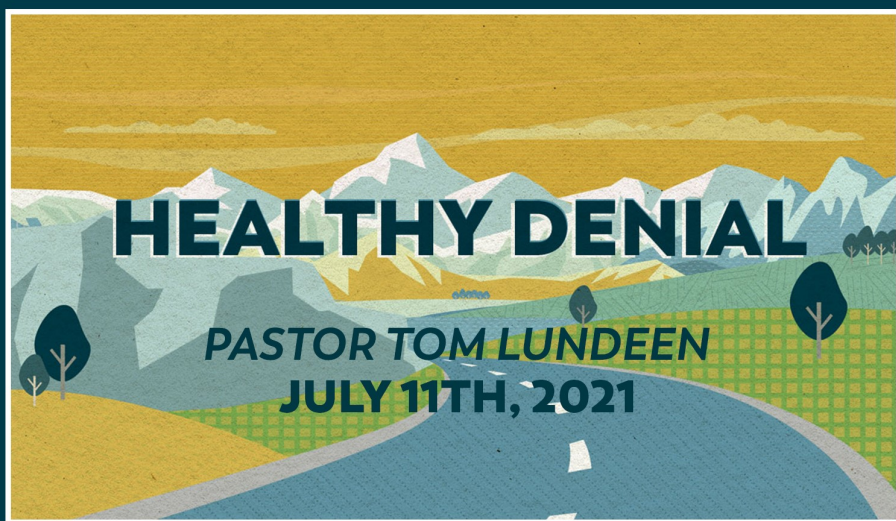
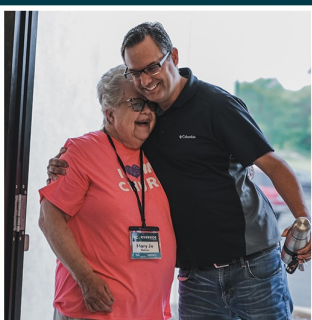




Your story matters.



MYRC.CHURCH



"HEALTHY DENIAL"

Pastor Tom Lundeen

MESSAGE NOTES

..._____ has told us that every human being (including you and me) are all on a road trip, so to speak; but the road we _____ to travel on will make all the difference in this life and eternity (note [Matthew 7:13-14](#)).

Note [Luke 9:23](#)

Jesus tells us something that has always been _____ and countercultural...

Self-_____ is either something most people have no concept of or can relate to; or it is a concept greatly misunderstood and _____.

1. What Self-Denial Is _____

Self-denial is not asceticism, austerity, harshness, monasticism, being a _____...It's not about _____ earthly possessions, eating dirt and worms, building a bunker in your backyard and _____ the world (note [Colossians 2:8, 16-19a, 20-23](#)).

2. What _____ Self-Denial Is

...we do need to guard against the easy tendency to start making lists of things that become _____ duties/obligations instead of life-giving ways to _____ Jesus more.

- A. I humbly submit my _____ to God—to deny myself starts here, by going through my life _____ embracing personally what Jesus prayed (note [Matthew 6:10; 26:39, 42, 44](#)). _____ about you. (Warren, *The Purpose Driven Life*). When Christ calls a man, he bids him come and _____. (Bonhoeffer).

B. Embrace my _____ self (note [Galatians 2:20](#); [Colossians 3:3-5a](#); [Galatians 5:24](#)) - our old nature is broken, tarnished, and disfigured by sin and _____, self-seeking and constantly seeking recognition, and dominated by our endless _____ and seemingly undefeatable lusts. It's not the self God _____ for us. But before I can begin to really experience this new self _____-designed by God Almighty, Jesus calls me to deny myself. It's not a matter of _____ harder...like everything with God, it's all about _____/ trusting Jesus. He has done the work...

Following lists of rules, regulations, and rituals is a spiritual _____ (note [Galatians 3:3](#)). Note [Romans 6:6-7](#). He has given us His Holy Spirit so that we actually have the _____ we need to live this new life (note [Ephesians 5:18](#)). This act of faith and trust is based on making _____ choices (note [Titus 2:11-14](#)).

Am I on the road less traveled?:

- The Spirit-filled/controlled life is another important mile marker on the road less traveled for genuine Jesus followers.
- It starts with a _____ attitude...
- And it starts becoming our real life experience when we say _____ (deny our old self) and say _____ to all Jesus has provided for us and be filled and empowered by the Holy Spirit.

Tell someone about the next step you took today in your spiritual journey! Let us know, too, and fill out our connect card (digital or in person).*

[MyRC.link/connect](https://myrc.link/connect) or text **riverside to 94000*



SMALL GROUP
guide on the back

SG

Your group matters.

DISCUSSION GUIDE

Icebreaker: What's your favorite way to listen to music and why? Feel free to be as specific or vague as you'd prefer!

1. Update your group on how you've been doing on asking the Holy Spirit to empower you to show love to those around you. How have you been doing?
2. If asked to define self-denial prior to Pastor Tom's message, what would you have said, and would it have lined up with what we learned that it is not? (I was kind of sad about not getting to dig a bunker...! 🤔)
3. Thinking about self-denial and how it's looked in your experience and how you've heard it taught, read [Colossians 2:8, 16-19a, 20-23](#). What surprises or confirmations did you find?
4. Healthy self-denial begins with submitting your will to God. What does Jesus' example in [Matthew 6:10](#) and [26:39-46](#) inspire in you as you think about your own life and what you're facing?
5. As Jesus-followers, we are new creatures, and we need to embrace that new self to experience healthy self-denial. As you read [Romans 6:6-11](#) and [Titus 2:11-14](#), how do or should these truths change how you think about yourself and how He has enabled you to live?

Day One: [Psalm 5](#)

Day Two: [Proverbs 5](#)

Day Three: [Joshua 5](#)

Day Four: [Isaiah 5](#)

Day Five: [Acts 5](#)

This Personal Guide has been adapted from
Professor Grant Horner's Bible Reading System.

PERSONAL GUIDE



"HEALTHY DENIAL"

Pastor Tom Lundeen

MESSAGE NOTES

...Jesus has told us that every human being (including you and me) are all on a road trip, so to speak; but the road we choose to travel on will make all the difference in this life and eternity (note Matthew 7:13-14).

Note Luke 9:23

Jesus tells us something that has always been revolutionary and counter-cultural...

Self-denial is either something most people have no concept of or can relate to; or it is a concept greatly misunderstood and misapplied.

1. What Self-Denial Is Not

Self-denial is not asceticism, austerity, harshness, monasticism, being a hermit...It's not about forgoing earthly possessions, eating dirt and worms, building a bunker in your backyard and ignoring the world (note Colossians 2:8, 16-19a, 20-23).

2. What Healthy Self-Denial Is

...we do need to guard against the easy tendency to start making lists of things that become legalistic duties/obligations instead of life-giving ways to love Jesus more.

- A. I humbly submit my will to God—to deny myself starts here, by going through my life regularly embracing personally what Jesus prayed (note Matthew 6:10; 26:39, 42, 44). It's not about you. (Warren, *The Purpose Driven Life*). When Christ calls a man, he bids him come and die. (Bonhoeffer).

- B. Embrace my new self (note [Galatians 2:20](#); [Colossians 3:3-5a](#); [Galatians 5:24](#)) - our old nature is broken, tarnished, and disfigured by sin and pride, self-seeking and constantly seeking recognition, and dominated by our endless cravings and seemingly undefeatable lusts. It's not the self God designed for us. But before I can begin to really experience this new self custom-designed by God Almighty, Jesus calls me to deny myself. It's not a matter of trying harder...like everything with God, it's all about faith/trusting Jesus. He has done the work...

Following lists of rules, regulations, and rituals is a spiritual dead end (note [Galatians 3:3](#)). Note [Romans 6:6-7](#). He has given us His Holy Spirit so that we actually have the power we need to live this new life (note [Ephesians 5:18](#)). This act of faith and trust is based on making 2 choices (note [Titus 2:11-14](#)).

Am I on the road less traveled?:

- The Spirit-filled/controlled life is another important mile marker on the road less traveled for genuine Jesus followers.
- It starts with a surrendered attitude...
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