

## SELF-DENIAL

Daily Meditation – Thursday June 11, 2026

Jesus lived a life of self-denial and informed us to do so as well. Jesus said, “If anyone wishes to come after Me, he must deny himself and take up his cross and follow Me” (Mt. 16:24).<sup>1</sup>

The Master also said, “If anyone comes to Me, and does not hate his own father and mother and wife and children and brothers and sisters, yes, and even his own life, he cannot be My disciple” (Lk. 14:26).

Allow me to define it for you. “SELF-DENIAL – the act of refusing to partake of anything not necessary for life or service to God. Sometimes self-denial can become extreme, in which case it is called asceticism.”<sup>2</sup>

Jesus’ life was all about what the Father wanted. Even in the hard place, the Garden of Gethsemane. He stated, “Your will not mine be done.”

Let us examine more Scriptures that will help us receive a revelation of self-denial. The Apostle Paul wrote, “Now those who belong to Christ Jesus have crucified the flesh with its passions and desires” (Gal. 5:24).

These two Scriptures from the Book of Romans are interesting. (1) “...for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live” (Ro. 8:13).

And, “Now we who are strong ought to bear the weaknesses of those without strength and not just please ourselves” (Ro. 15:1).

I will close with the following verse the Apostle Paul wrote to the Galatians. He said, “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me” (Gal. 2:20).

---

<sup>1</sup> All Scripture quotations, unless otherwise noted, are from the *New American Standard Bible*.

<sup>2</sup> Thomas Nelson, *Nelson’s New Illustrated Bible Dictionary* (Nashville: Thomas Nelson Publishers, 1995), p.1143.

PRAYER FOR SALVATION – Father God, I repent of all my sins, and I believe You raised Jesus from the dead. I confess that Jesus Christ is the Lord of my life. Jesus, wash me with your holy blood. Holy Spirit fill me so I can be a mighty witness for King Jesus!