

Denying Self Worksheet

If you would come after me and be my disciple, you must **deny yourself** and take up your cross and follow me. (Mark 8:34)

“Denying self is not the same as self-denial. We practice self-denial when, for a good purpose, we occasionally give up things or activities. But we deny self when we surrender ourselves to Christ and determine to obey His will.” Warren Wiersbe

And he (Jesus) said to them (Peter, James and John), “My soul is very sorrowful, even to death. Remain here and watch.” And going a little farther, he fell on the ground and prayed that, if it were possible, the hour might pass from him. And he said, “Abba, Father, all things are possible for you. Remove this cup from me. **Yet not what I will, but what you will.**” (Mark 14:34-36)

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but **emptied himself**, by taking the form of a servant, being born in the likeness of men. And being found in human form, he **humbled himself by becoming obedient** to the point of death, even death on a cross. (Philippians 2:5-8)

Begin by praying:

Search me, O God, and know my heart!
Try me and know my thoughts!
And see if there be any grievous way in me,
and lead me in the way everlasting! (Psalm 139:23,24)

Lord, by your Spirit, reveal to me the things that are holding me back from coming after you wholeheartedly? In what areas of my life am I holding on to my will instead of yielding to your will? What are the things that occupy my thoughts the most, that I worry about, that I fantasize about, that I fear losing, that give me a sense of identity, that make me feel most secure, that consume most of my time, that I spend too much money on, that cause me the most emotional turmoil?

Here are some things to consider:

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| 1. Money | 8. Security | 15. Guilt |
| 2. Power | 9. Success | 16. Unforgiveness |
| 3. Reputation | 10. Possessions | 17. Rejection |
| 4. Pride | 11. Acceptance | 18. Fear |
| 5. Beauty | 12. Pleasure | 19. Failure |
| 6. Relationships | 13. Work | 20. Addiction |
| 7. Health | 14. Shame | 21. _____ |

Whatever the Holy Spirit brings to your mind, confess it, knowing that as you do, the Lord is faithful and just to forgive you and to cleanse you from all unrighteousness, and lead you in paths of righteousness for His name's sake. (1 John 1:9; Psalm 23:3)