



# Say No (With A Bigger Yes)

## LENT 2010 Spiritual Disciplines To Practice

Spiritual discipline #1: Serving Others (Feb. 20-26)

Spiritual discipline #2: Recalling Scripture (Feb. 27-March 5)

**Spiritual discipline # 3** (this week) \_\_\_\_\_  
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**The Text: Matthew 16:24-26** (*Page #1524 in the sanctuary Bible*)

**The Context:** Jesus has begun to tell the disciples that he is going to suffer and die at the hands of the religious leaders. *See Matthew 16:21.* This event, predicted by Jesus, is God's sovereign plan for providing the way of salvation for people. *See Matthew 20:28.*

**Matthew 16:24** Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. [25] For whoever wants to save his life will lose it, but whoever loses his life for me will find it. [26] What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?"

**New Living Translation** "If any of you wants to be my follower, you must put aside your selfish ambitions, shoulder your cross, and follow me. If you try to keep your life for yourself, you will lose it. But if you give up your life for me, you will find true life."

### Three aspects Jesus' challenge to each of us:

#### ① "deny himself (herself)"

Self denial =

*What about having a good self esteem?*

#### Jesus' example:

**Luke 22:42** "Father, if you are willing, take this cup from me; yet not my will, but yours be done."

paradox - "a statement which though true, seems false and self contradictory."

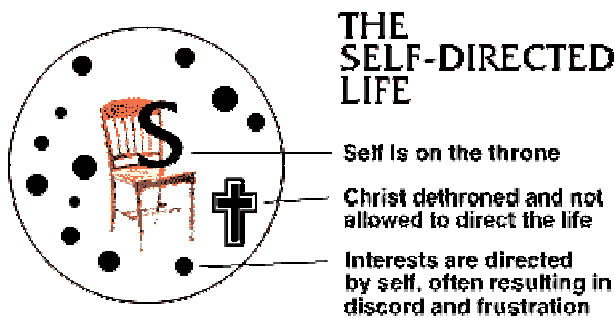
**Webster's Dictionary**

|                    |                         |
|--------------------|-------------------------|
| I can say no to... | with a bigger yes of... |
| Examples:          |                         |
|                    |                         |

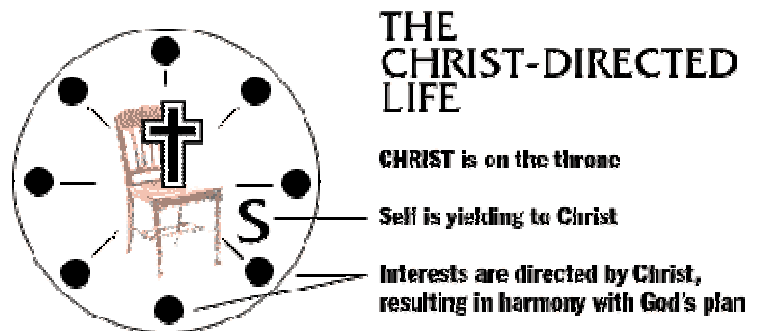
## ② “take up a cross”

**Some Historical Background:** Crucifixion was a common Roman method of dealing with undesirables, whether they were criminals or those who embraced seditious ideologies. Condemned individuals sometimes had to carry their own crosses to the execution site.

**Galatians 2:20** I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.



(Illustration from Campus Crusade for Christ materials)



## ③ “follow me”

Follow his \_\_\_\_\_.

Follow his \_\_\_\_\_.

**Matthew 22:37-39** Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. [38] This is the first and greatest commandment. [39] And the second is like it: Love your neighbor as yourself."  
**Colossians 3:13** Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.



## Some "Self" Evaluation Questions:

### A Daily Prayer of Self Denial

Lord, I confess that I naturally chase my self-focused side, rather than see it for what it is and deny it. But I want to listen to you and not follow my "self." Today, I want to say no to the specific attitude/action of

\_\_\_\_\_. (the No)

Help me Lord to follow you by

\_\_\_\_\_. (the Yes)  
In Jesus' name, Amen.

### A Sinner's Prayer for Salvation

Lord, I am a sinner who has offended you. Please forgive me.  
I believe that Jesus Christ died on the cross for my sins and I place my trust in Christ's sacrifice as the only way to be right with you.  
Thank you for loving me and coming into my heart. In Jesus' name, Amen.

**TAP** See the next page.

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### Audio Messages

**+Messages on CD** Free CD's are available in the lobby the following weekend.

### +Listen online

Go to: [www.bloomingdalechurch.org](http://www.bloomingdalechurch.org)

Click on the "Sermon Messages" tab

Click on the play button of the message you would like.

### +Podcast

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**TAP** into the Bible. Read the short daily Scripture passage. Reflect on it for a few minutes, and then write short responses in the three boxes.

**T - key Truths** = Summary thoughts, principles to live by, observations to remember.

**A - practical Application** = How should I respond? What action can I take?

**P - my Prayer response** = My expression to God from what I am reading/thinking.

**NOTE:** *The assigned Scriptures for the TAP in this series are intentionally short so that we can read the passage several times and reflect thoughtfully as we write our responses.*

|                           |  |
|---------------------------|--|
| <b>Date:</b> Mon. March 8 | <b>The Scripture: Matthew 16:21-26</b> |
| <b>truths</b>             |  |
| <b>application</b>        |  |
| <b>Prayer response</b>    |  |

|                            |  |
|----------------------------|--|
| <b>Date:</b> Tues. March 9 | <b>The Scripture: Matthew 20:20-28</b> |
| <b>truths</b>              |  |
| <b>application</b>         |  |
| <b>Prayer response</b>     |  |

|                            |                                       |
|----------------------------|---------------------------------------|
| <b>Date:</b> Wed. March 10 | <b>The Scripture: Matthew 7:15-27</b> |
| <b>truths</b>              |                                       |
| <b>application</b>         |                                       |
| <b>Prayer response</b>     |                                       |

|                            |                                     |
|----------------------------|-------------------------------------|
| <b>Date:</b> Thu. March 11 | <b>The Scripture: Romans 12:1-3</b> |
| <b>truths</b>              |                                     |
| <b>application</b>         |                                     |
| <b>Prayer response</b>     |                                     |

|                            |   |
|----------------------------|---|
| <b>Date:</b> Fri. March 12 | <b>The Scripture: Galatians 5:16-26</b> |
| <b>truths</b>              |   |
| <b>application</b>         |   |
| <b>Prayer response</b>     |   |

*Don't forget to set your clocks ahead one hour on Saturday night, March 13th.*