

## Calvin: Chapter 2: Self-Denial in the Christian Life

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.* Romans 12:1-2

*Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me."* Matthew 16:24

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We are not our own, therefore...

- ...neither our reason nor our will should dominate our plans and actions
- ...let us not make the gratification of our flesh our end
- ...let us forget ourselves and our own interests

Rather, we are God's, therefore...

- ...let us live and die to Him
- ...let His wisdom and His will govern all our actions
- ...in every way, in all our lives, run to Him as our only proper end

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Goals: ...take rule and dominion away from our own reason and entrust them to God  
...neither to know nor want anything on our own, but simply to follow the leading of the Lord

First Step: ..abandon ourselves, that we may apply all our strength to obedience to God  
...don't mean lip service  
...but being free from the desire of the flesh, turning our minds over completely to the bidding of the Spirit of God

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Also need to: ..eradicate from our souls the  
... desire to possess things for ourselves  
... the love of power  
... the longing for the praise of men

*Ok, I get it, I believe it, but HOW? This is too much!*

*I need to know HOW to do this, HOW to start, HOW to break this down. I need help!*

Recap: *Why didn't Calvin address this?  
Why isn't the next chapter called "3 simple steps to denying self"?  
or at least "How to start the journey to self denial"?*

Let's look at others' takes on living sacrifices and self-denial...

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Sinclair Ferguson on Romans 12:1: From "Devoted to God", pages 40-42

"Present your bodies as a living sacrifice": What does that mean? How do I do that?

"Get this right and we have a strong foundation for growth in sanctification.  
Go wrong here and we may go wrong everywhere."