





**For Me to Live
I have to Die!**



Luke 9:23 (New American Standard Bible)

²³ And He was saying to *them* all,
“If anyone wishes to come after Me,
he must deny himself,
and take up his cross daily
and follow Me”.



1. We had to carry out a DTR to check if we were a FAN or a FOLLOWER
2. In our choice we found out that we don't have an opportunity to make excuses as Jesus said that ANYONE could follow Him
3. But He also stated that He was looking to those who had chosen to FOLLOW Him to CHOOSE an INTIMATE relationship with Him.
4. He also reminded us that the CROSS was not to be viewed as something that was COMFORTABLE.
5. He also said that FOLLOWING Him was MORE than a set of RULES. Rules represented the religious sect.
6. And then HE asked if He was more than ENOUGH for us to choose to FOLLOW Him. Does He meet all our needs?



Requirements of a FOLLOWER

- Deny Ourselves, and
- Take up our Cross

Philippians Chapter 1:20-21

²⁰ I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death.

*²¹ **For to me, to live is Christ and to die is gain.***



The Message

*And I'm going to keep that celebration going because I know how it's going to turn out. Through your faithful prayers and the generous response of the Spirit of Jesus Christ, everything He wants to do in and through me will be done. I can hardly wait to continue on my course. I don't expect to be embarrassed in the least. On the contrary, **everything happening to me in this jail only serves to make Christ more accurately known, regardless of whether I live or die.** They didn't shut me up; they gave me a pulpit! Alive, I'm Christ's messenger; dead, I'm his bounty. Life versus even more life! I can't lose.*



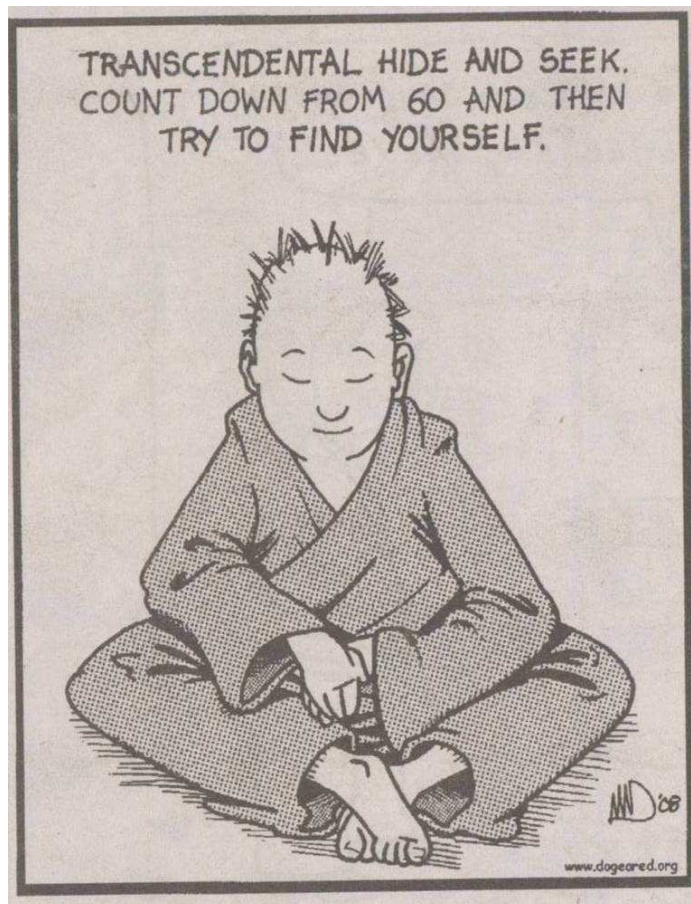
What does Denying Myself mean?

Essentially it means ANYTHING that HE does not desire in your life is unacceptable when following HIM.

We have to let those things that keep us from FOLLOWING Him, DIE.

- We have to cut them off.
- We have to address them with urgency, and
- We cannot keep going back to them like a dog to its own vomit.

- ✓ This is not healthy for your spiritual life
- ✓ And an unhealthy spiritual life will cause sickness
- ✓ And sickness will cause spiritual death.
- ✓ Spiritual death results in Physical death.







10 Reasons for Spiritual Death

1. If you Fail to Love Others and Fail to Love Yourself.

This is HEART Disease.

- The heart was designed to receive and give love unconditionally.
- Love is as vital a nutrient to our heart as anything we eat or drink or do for exercise.
- We all are constantly picking up so much "negative programming" from our families, our friends, our schools, and our society, that it is no wonder we fail to love ourselves.



10 Reasons for Spiritual Death

2. If you Fail to Take Action to Solve Long Standing Life Conflicts.

This is CANCER.

- More often than not, the cancer "victim" has a pattern of long standing life problems that have been "eating them up inside".
- Their inability or unwillingness to effectively deal with these problems is what created the cancerous cocoon to begin with.
- Often, cancer is the manifestation of the person's conflicting desires to escape the situation and to "keep things as they are" because change would be too painful. ¹¹



10 Reasons for Spiritual Death

3. If we Fail to Honor our Body and Mind

This is STROKE.

- Stroke should be renamed to "strike" for strokes are invariably caused by the body-mind going on strike against the individual's lifestyle.
- Stroke "victims" generally have not consistently honored their bodies by giving them the proper food, drink, exercise, sleep, and other things "which everyone knows" they should do.



10 Reasons for Spiritual Death

4. When we Fail to Face Overwhelming Fears and Challenges

This is PNEUMONIA - INFLUENZA

- Usually the person is drowned in the flood of emotions (fear, anxiety, panic) that engulf them.
- The "internal floods" manifest as severe lung congestion which cuts off their connection to breath and ultimately their connection to life.



10 Reasons for Spiritual Death

5. When we Fail to Connect with Joy and the "Sweetness" of Life

This is DIABETES

- If diabetics had their own theme song, it might be this one from Henry Purcell: "a person of sorrow and acquainted with grief..."
- Many diabetics will tell you that the restrictions they endure with this disease are cause enough for their sadness.



10 Reasons for Spiritual Death

6. When we Fail to Love and Accept who we are.

This is AIDS (ACQUIRED IMMUNE DEFICIENCY SYNDROME)- HIV

- Our bodies become unable to fight off threats from the environment and become "self" rejecting.
- The inevitable result of this self rejection can be nothing but fatal, nothing but death.



10 Reasons for Spiritual Death

7. When we Fail to Accept What we have Made of our Life

This is LIVER DISEASE (CIRRHOSIS)

- Cirrhosis of the liver is the ultimate disease of choice.
- For those who get it have chosen consistently to "drown their sorrows in a bottle" rather than facing them.



10 Reasons for Spiritual Death

8. When we Fail to Be Open and Receptive to a Life in God.

This is **CIRCULATORY FAILURE** (**ATHEROSCLEROSIS**)

- More commonly known as "hardening of arteries", this disease is caused primarily by the "**hardening of the attitudes**".
- Cutting off the flow of new ideas and ways of thinking literally reduces the body's ability to flow and circulate life energy properly which then results in hardened arteries.



10 Reasons for Spiritual Death

9. Failing to Change Negative Emotions (Anger, Hate, etc) Properly

This is KIDNEY DISEASE

- The truth is the organs also process an individual's emotions and can get easily overloaded when the individual is emotionally "out of control".
- The most toxic emotional waste products are anger and hate which are lost opportunities to move a person toward forgiveness and tolerance
- If these toxic emotions are "indulged" in excessively and consistently, they will deluge the kidney and cause it to fail.



10 Reasons for Spiritual Death

10. Failing to Fully Take in Life due to Feelings of Unworthiness

This is LUNG DISEASE

- The truth is the organs also process an individual's emotions and can get easily overloaded when the individual is emotionally "out of control".
- Every moment we make a choice of how much life we take in by every breath we take.
- Breathing disorders, like eating disorders, are a reflection of an individual's beliefs about their worthiness to receive the nourishment that gives life.



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