



## Deny Yourself

### I. Introduction

- a. Yom Kippur—single holiest day on Israel's calendar
  - i. Scripture: day of sacrifice and atonement
  - ii. Judaism: day of fasting, prayer and repentance
- b. Leviticus 16—the sacrifices
- c. Hebrews
  - i. Yeshua the great high priest
  - ii. Makes atonement for us once and for all
  - iii. see 4:15ff, 9:14
- d. The single major problem plaguing our lives: our selves

### II. Context—The Service of the High Priest

- a. Makes atonement with blood for
  - i. Himself and his household
  - ii. The Most Holy Place
  - iii. The Tent of Meeting
  - iv. The Altar
  - v. The Priests
  - vi. The whole community of Israel
- b. Scapegoat—Leviticus 16:20-22
- c. Main point: atonement for sin

### III. Requirements for Atonement

- a. Blood requires sacrifice
- b. Loss of life
- c. Administered by the High Priest alone
- d. The community participates by doing nothing
  - i. Leviticus 16:29-30
  - ii. Deny yourselves... because on this day atonement will be made for you
- e. Our sole purpose on this day: self-denial

### IV. "Deny Yourself"

- a. (Traditional) fasting—deny self of sustenance required for life
- b. Abstention from appetites/lusts
  - i. Galatians 5:16
  - ii. Colossians 3:5
  - iii. 1Peter 2:11
- c. Humble yourself/afflict your soul
- d. Disturb, oppress, or do violence
- e. Silence, treat harshly, or violate
- f. Weaken, put down, or humiliate

- g. Active Assault
  - i. The children of Israel under Pharaoh in Egypt
  - ii. Deuteronomy 8:2-3 described how Adonai humbled and afflicted Israel by forcing their wandering in the wilderness
  - iii. Tamar, who was violated by her brother Amnon (2Sam.13:14)

**V. Not As I Will**

- a. Matthew 26:17-46
  - i. “The is the blood of my covenant”
  - ii. The Master’s example: “Yet not as I will, but as you will.”
- b. Isaiah 53:5-7
- c. 1Peter 1:18-19—“costly, bloody, sacrificial death”
- d. Philippians 2:5-8—“made Himself nothing... humbled Himself and became obedient to death”
- e. Galatians 2:20—“I no longer live”
- f. 1Corinthians 15:30-31—“I die every day”
- g. 2Corinthians 5:15—“no longer live for ourselves, but for Him who died for us...”
- h. Luke 9:23-25—“whoever loses [destroys or kills] his life for me will save it”
- i. Philippians 3:10
- j. Philippians 1:20-21
- k. Romans 6:3-4
- l. Luke 14:26,33

**VI. Conclusion**

- a. Every day
  - i. We must choose Yeshua over ourselves.
  - ii. We must choose Yeshua over the sins our flesh would rather be committing
  - iii. We must crucify our comforts and conveniences
  - iv. We must put down our preferences and priorities
  - v. We must silence our schedules and selfishness
  - vi. We must destroy our desires to conform to the ways of the world
  - vii. We must do violence to our religiosity and rigid compartmentalization of God in our lives, and instead, we must daily choose Messiah
- b. This is what it means to deny ourselves—to kill, destroy and hate our own lives, to give up everything we have, and whether by life or by death, to take up our execution stake daily, and follow Him.