

# He Must Deny Himself

by Thomas Brooks

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*To follow Christ, one must deny themselves, letting go of sinful desires, natural tendencies, and worldly attachments.*

**Scripture:** Matthew 10:37, Mark 8:34, Luke 9:23

**Topics:** "Following Christ", "Self-Denial"

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## Description

Thomas Brooks emphasizes the call to self-denial in following Christ, urging believers to reject sinful desires, natural inclinations, and even their own religious practices that may hinder true devotion. He explains that denying oneself involves relinquishing not only personal lusts and talents but also moral pretensions and familial attachments. This radical self-denial is essential for anyone who wishes to truly follow Jesus and bear their cross. Brooks highlights that such sacrifices are necessary to align oneself fully with Christ's teachings and mission.

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## Transcript

"If anyone wants to be My follower, he must deny himself, take up his cross, and follow Me." Mark 8:34

He must deny sinful self, which takes in a man's lusts.

He must deny natural self, which takes in a man's arts, parts, gifts, and reason.

He must deny religious self, which takes in all a man's religious duties and services.

He must deny moral self, which includes a freedom from gross, heinous, enormous wickednesses; and a fair, sweet, harmless behavior towards men.

He must deny relative self, which takes in our nearest

and dearest relations in the flesh; as wife, children, father,  
mother, brothers, sisters, etc.

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