



Giving  
Hope  
Today

**mobilize**  
UPWARD | OUTWARD | ONWARD



## SELF-DENIAL

*Simplicity • Fasting • Missional*

### Are you feeling ...

You have nothing to give? A lack of self-control?  
You can't live without something? You want to help  
the mission of The Salvation Army?

### WHAT IS SELF-DENIAL?

Self-denial is an important part of The Salvation Army's tradition. It normally coincides with the Lenten season commonly practised by Christians leading up to Easter. The practice involves "denying" yourself something that you enjoy for the sake of others, for a period of time (such as coffee, chocolate, snacks, movies, magazines, app/music purchases) and giving the money to further the mission of the Army. There is often significant personal growth and reflection during this practice.

Salvationists from around the world take part in

practising self-denial during the Partners in Mission campaign. It is an opportunity to give up simple pleasures and habits for the sake of supporting the mission in places where funding is limited. Self-denial is an important reminder of the great needs that we can partner and assist with internationally.

"Right now you have plenty and can help those who are in need. Later, they will have plenty and can share with you when you need it. In this way, things will be equal" (2 Corinthians 8:14 *NLT*).

### WHEN DO I APPLY IT?

There is something special when people join together to make a difference. During the Partners in Mission campaign, your church will normally pledge an amount they commit to raising. You can take part in self-denial with your fellow Salvationists during this time, sharing and encouraging one another in your commitments.

You don't have to wait until the next Partners in Mission campaign. Start now on your own. There are many needs in this world, and if you sense the Holy Spirit tugging you to help, begin now the practice of self-denial. You might also consider what the Bible says about giving in secret (see Matthew 6:1-4).

### READY TO PRACTISE SELF-DENIAL?

1. Decide on some things and habits you can live without
2. Commit to a period of time you will deny yourself these things
3. Give what you saved and reflect on your experience

**Want to learn more on self-denial? Download a one-page study guide at [www.SASpiritualLife.ca](http://www.SASpiritualLife.ca)**



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