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Daniel Mingo, Founder and Ministry Director

NEWSLETTER – January 2026

He rescued me because He delighted in me. Ps 18:19b

THIS MONTH'S MEDITATION SCRIPTURE: *And Jesus was saying to them all, "If anyone wishes to come after Me, let him deny himself, and take up his cross daily, and follow Me..." Luke 10:23*

A Call to Worthiness

Immediately after the apostle Peter declared that Jesus is the Messiah, Jesus spoke the recorded words of Luke above, laying out for His disciples what would be required of them in their commitment to follow Him. What would denying oneself mean? What would taking up one's cross daily entail?

According to Webster's 1828 dictionary, denying oneself means "to decline the gratification of one's appetites or desires, or to refrain from and abstain from indulgence. It is the conscious restraint or limitation of one's own desires, pleasures, or interests." In other words, it would mean sacrificing one's own will for that of something or someone else; to place the other's desires or wishes ahead of my own; to surrender my wants in deference to another's. To follow Jesus, to be His disciple, means I surrender everything I am and everything I hope to be to His will for me, trusting His promises are true in the Scriptures that He loves me and He will care for me and He will meet all my needs.

Taking up one's cross daily follows the same basic concept. According to the late Dr. Charles Stanley, taking up one's cross daily is a way of death to ourselves, a self-denial, "a life so surrendered to Jesus Christ that He is the heart, the core, the center of our thinking and our actions..." It includes daily surrender, commitment, and devotion to Him. The gospels demonstrate Jesus' constant obedience to the Father as an example for us in His times of prayer and His attention to doing the Father's will, especially in the garden of Gethsemane. Numerous times when Jesus knew His suffering and death were imminent, He prayed to the Father 'not My will, but Thy will be done.'

In today's culture where pretty much everything has become sexualized and self-focused for our own pleasure and satisfaction, for those of us who have left LGBTQ life and behaviors to follow Jesus, denying ourselves and taking up our crosses seems more challenging and difficult than ever before. But challenging does not mean automatic defeat. By the Holy Spirit we are empowered to stand against our enemy and be victorious overcomers.

Remember, Satan does not have the last word. He has already been defeated. By the Spirit we can stand strong against His attacks and seductions.

Matthew 10:38 is the parallel verse to the one above. In it Jesus said the one who does not take up his cross and follow Him is not worthy of Him. Jesus has placed a calling on each of His followers, and in Ephesians 4:1 Paul implores us to walk in a manner worthy of that calling into which we have been called. Father, may each of us be found faithful and worthy of Your call on our lives as we deny, take up, surrender and follow.

[Responses From You](#)

From a new follower: Hey, Daniel!! It was so nice to meet you and your beautiful wife Fran yesterday!

From a KY follower: Amen! Merry Christmas!

[Upcoming Ministry Meetings](#)

Overcomers Group: Thurs, January 29, 2026; Thurs, February 12, 2026; Thurs, February 26, 2026

[Year-End Giving](#)

Thank you to everyone who so generously donated to Abba's Delight at the end of 2025. We are delighted and thankful at your kindness in remembering our ministry and are looking forward to all that the Lord has for us in 2026. Thank you for your partnership, on behalf of the Board of Directors and myself.

If you do not wish to receive the Abba's Delight Ministry Newsletter any longer, please let me know. If you do wish to continue to receive it, please be certain to put our email address in your address book, so that this mailing does not go to your spam, and report to your carrier. Thank you.

Now unto Him who is able to keep you from stumbling and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior through Jesus Christ our Lord, be glory, majesty, dominion and authority before all time and now and forever. Amen. Jude 24-25