

# Lesson 5: Dealing with Sin

"How Do I Overcome Sin in My Life?"

As we saw very briefly in Lesson 3, God in saving you produced a total transformation of your spiritual self (II Cor. 5:17). However, you still live in an earthly, physical body so you will constantly feel the pull of the sins of the flesh, and of the mind (Ephesians 2:3). This lesson is designed to help you combat the flesh as it wars against the Spirit (Galatians 5:17).

We need to know right up front that we have a sin nature by our birth into this world. We sin because we were born sinners. Though sin is both what I do wrong and what I fail to do it is still deeper than that, sin is a part of who we are by our natural birth.

Practically we need to avoid two extremes. First, is to be overwhelmed and defeated by sin in our lives. And second, to minimize sin in our lives.

**Good News:** Though in this life we will never be free from sin, that doesn't mean that God has not given us the resources for victory over sin.

## Specifically what is sin?

1. Sin is breaking God's law. See I John 3:4. In Matthew 22:36-40 we see that loving God and neighbor is the summation of the Law. To not love God and neighbor is to then break God's Law.
2. Sin is any unrighteousness. (I John 5:17)
3. Sin is missing the mark (bull's eye of God's holy standard). (Romans 3:23)
4. Sin is an issue of the heart. (Matthew 15:18-19, Jeremiah 17:9) God is working on our hearts to change us. But, in this life the heart has a tremendous bent towards evil. For the **good news** look up Philippians 1:6! God is not done with you or your heart.
5. Specific sins are often listed in the Bible. Lust, pride, sexual sins such as sex before marriage and adultery, hatred, filthy talking, drunkenness, lying, gossip, anger, un-forgiveness, worshipping self or pleasure to name several. (Galatians 5:19-21) Caution: Don't allow sin to become just a *list* of things to avoid or abstain from. This type of thinking may lead to the idea that committing "2 out of 10 isn't bad", or a self-righteous superiority over others because we keep more of the rules.



## Why do I sin as Christian?

1. You sin because, though you received a new nature at your salvation, you did

not receive a new body or a new mind. Ephesians 4:21-24, Colossians 3: 1a, 5, 8-9

2. We sin when our desires are enticed to sin and we yield to sin. James 1:13-15

3. You sin as a result of giving in to temptation in three major areas, which are outlined in I John 2:15-16.

## How does God look at my sin?

A. Sin is a direct affront to God. In Psalm 51 when David came to grips with his sin he repented and rightly said that ultimately his sin was first against God.



B. God looks at my sin the way a father looks at the sin of His child. God does not condone my sin nor does He look the other way. Furthermore, the loving Father does not throw the child out of the family but sin always has consequences. (The ultimate consequence of sin was the death of Christ.)

C. Remember discipline is both punishment and positive instruction and help for change. Hebrews 12:4-11

D. Sin hinders our fellowship and disrupts our intimacy with God but when we confess our sin He is faithful to forgive us and cleanse us and restore fellowship and intimacy. I John 1:9

E. Sin hinders the process of sanctification in your life. Sanctification is the process whereby God is conforming us to the image of Jesus Christ. We are being saved from the **power** of sin in our lives by becoming more and more like Jesus Christ.

F. God will allow you to reap according to what you have sown. Galatians 6:7-9

G. Un-confessed sin robs us of our assurance of salvation. (I John 3:19-21)  
Confessed sin brings assurance to the believer.



H. If sin is ruling our lives, we need to STOP and consider the legitimacy of our conversion.

## What Should I do when I sin?

1. Keep a short account with God. Don't wait to confess your sin and forsake it. Do it right away! "Confess your sins to God" (I John 1:9) means that there is a commitment to change.

2. Don't blame shift. Our sin is our own fault, not any one else's. You must accept responsibility for your sin so change can come. (Proverbs 28:13) Don't fall into the "The Devil made me do it" trap.



3. Realize sinful **thoughts** are not acceptable. (Matthew 5:21-22; 27-28) Sin begins in our thoughts.
4. Don't make provisions for the flesh. (Romans 13:14) In other words stay away from known places, people or areas of temptation.
5. Faithfulness in Bible reading, prayer, hiding God's Word in your heart, and church worship are things that God uses to strengthen you for your battle against sin.
6. Do not *trivialize* sin by...
  - a. falling for the lie that says, "if I sin a little I might as well go ahead and sin a lot."
  - b. thinking you can off set your sin by trying to do better next time, by doing something good or just letting time pass as though that makes sin go away.
  - c. excusing your sin with lines like "God knows I'm not perfect," or "there was only one perfect man." These kinds of sayings are casual and serve only to minimize the seriousness of sin.

## Gaining victory over sin

**1. Know:** Victory over sin begins with the knowledge of our position in Christ. Look up Romans 6:6-7, we must know that we are united with Christ in His death and resurrection and therefore free from our former enslavement to sin.

**2. Reckon (consider or calculate):** (Romans 6:11) Reckoning takes knowledge and makes it supremely practical. You simply are not enslaved to sin. Consider/reckon that God in the times of temptation has and is giving victory. This is a shocking concept to some believers – *you do not **have** to sin.*

**3. Yield:** Romans 6:12-13, this is the "replacement factor." Fill yourself with God. When you yield to traffic you let the oncoming cars take priority. Yielding to God is saying, "God has priority in my life, not the sin."



**4. Obey:** Romans 6:16, true believers can and do have the power to obey God.

**5. Serve:** Romans 6:19-21, since we are now servants of Christ our life purpose is the producing of spiritual fruit.

**6. Remember:** Despite all of this glorious truth Paul still knows that even in his own life there are times when he fails God. His response to his failure is instructive for all of us. He says of his sins, "O wretched man that I am!" Romans 7:21-25

## Promises of God that relate to dealing with sin.

1. I Corinthians 10:13 says that God has made a way of escape from temptation.
2. The way of escape is found in Psalm 119:9-11. It is the Word of God. Remember Jesus Christ gave us an example when He overcame temptation by quoting scripture. See Matthew 4:4.
3. The only sure way of overcoming sin in your life is through the power of the Word of God as you hide it in your heart and apply it to your life. The Bible is supernatural in its defense against sin. (Psalm 119:97-99, 104; Hebrews 5:14)
4. The believer has Jesus, Who faced temptation without sin, to help us. (Hebrews 4:15-16)
5. Walk in the power of the Holy Spirit. Galatians 5:16-25



## Basic Questions

How do I keep the influences of a sinful world from affecting me? (Romans 12:2)

1. Don't involve yourself with sinful activities. Of course, you must associate with unsaved people in order to try to win them, but don't get involved in their sin. Ephesians 5:5-12
2. Separate yourself from the ways of the world and the ideology of the world, and follow the Lord Jesus Christ. (11 Corinthians 6:14-18; James 4:4)
3. Pray often the prayer of Matthew 6:13. We will deal with prayer in Lesson 7.

This has been a long lesson. Sin and its consequences are serious but never forget this truth: *Our greatest resource for victory in dealing with sin is a passionate love and desire for the Lord Jesus Christ and His Word. For when we turn our eyes upon Jesus and look full in His wonderful face the things of earth grow strangely dim in the light of his glory and grace.*



## Homework

1. What are the two extremes to be avoided in dealing with sin?
2. List the three reasons why Christians still sin.

3. Briefly explain in your own words what the apostle Paul is communicating to us in Romans 7:14-25

4. In "What should I do when I sin" (#3), why is God concerned with our thoughts?

5. Jesus Christ overcame His temptation by quoting scripture (Matthew 4:3-11). What do the two following verses teach us about this?

I Corinthians 10:13

Psalm 119:11

6. List three ways to keep the influences of a sinful world from affecting you?

1.

2.

3.

Key memory verses:

Psalm 119:11; I John 1:9

Our next meeting will be: \_\_\_\_\_

# Daily in the Word

**It is important to spend time reading and meditating on the Word of God. Read each day's passage and answer the two questions for each day. As you read these passages, remember that these are God's words to YOU and that He wants you to learn more about Him by reading His Word.**

<b>DAY 1</b>  <b>Matthew</b> <b>22:34-40</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>
<b>DAY 2</b>  <b>Hebrews</b> <b>12:4-11</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>
<b>DAY 3</b>  <b>Romans</b> <b>6:1-11</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>

<b>DAY 4</b> <b>Romans</b> <b>6:12-14</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>
<b>DAY 5</b> <b>Romans</b> <b>6:15-23</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>
<b>DAY 6</b> <b>Romans</b> <b>7:14-25</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>
<b>DAY 7</b> <b>Ephesians</b> <b>5:5-12</b>	<b>What is the Word saying?</b>	<b>How does this apply to me?</b>