

# Dealing with Sin

## How Do I Overcome Sin in My Life?

The Christian life is filled with many struggles and challenges, as well as great victories. Perhaps the greatest challenge is battling sin in your own life. This truth is not evident to a young Christian, but as you grow in Christ, you will realize more fully the intensity of this struggle. As we saw very briefly in a previous lesson, when you got saved, you became two people. Your old man in Adam's image has a sinful nature, and your new man in Christ Jesus has God's image. The purpose of this lesson is to help you combat the sin nature of the old man.

- I Understand the nature of sin. Sin is a much larger issue than most people realize. It involves your ENTIRE human nature, not just an individual wrong act. You cannot battle sin properly unless you confront the nature of your sin.
  - A Sin is breaking God's law.  
I John 3:4
  - B Sin is any unrighteousness.  
I John 5:17
  - C Sin is anything done apart from faith.  
Romans 14:23, Hebrews 11:6
  - D Sin is NOT doing what you know is right.  
James 4:17
  - E Your sin nature did not change when you got saved, and it never will, and the longer you live, the worse it will get. You cannot overcome sin properly until you recognize that your human nature (flesh) is corrupt and unable to be improved.  
John 3:6
- II There is a reason why you will still sin even though you are saved.
  - A You sin because you inherited a sinful nature from Adam.  
I Corinthians 15:45-49, Romans 5:12
  - B You sin because it is your nature to sin.  
Romans 7:14-25, James 1:13-14

All unrighteousness  
is sin: and there is a  
sin not unto death.  
1 John 5:17

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*Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.*  
1 John 2:15-17

- C You sin as a result of temptation in three major areas.  
1 John 2:15-17
- 1 The “lust of the flesh”: The temptation to satisfy the desires of your body.
  - 2 The “lust of the eyes”: The temptation of covetousness.
  - 3 The “pride of life”: The temptation of ego and self-importance.
- D There are two great examples in the Bible of these three temptations.
- 1 The temptation of Adam and Eve resulting in sin and defeat. They saw the tree was “good for food” (lust of the flesh), “pleasant to the eyes” (lust of the eyes), and a tree “to be desired to make one wise” (the pride of life).  
Genesis 3:1-6
  - 1 The temptation of Jesus Christ resulting in victory. Jesus was tempted to turn stones into bread (the lust of the flesh), was shown the kingdoms of the world (the lust of the eyes), and to prove he was the Son of God by jumping off the Temple (the pride of life).  
Luke 4:1-13
- B Jesus faced the same temptations Adam and Eve did, and that you face. He overcame them by his power and by the word of God. Since he lives inside you, his power is the only resource to overcome sin. You sin when in temptation you do not come boldly to the throne of grace to find help through Jesus Christ and the word of God.  
Hebrews 4:15-16
- III Understand how God views your sin.
- A God judged sin at Calvary and placed it on Jesus Christ who paid for all of it. When you placed your trust in Jesus as your Saviour, your sins were forgiven.  
II Corinthians 5:21, Galatians 3:13-14
  - B God has “put off” your sins, and he considers your flesh dead. God will no longer “charge sin to your account” because it is forgiven in Jesus Christ.  
Romans 4:4-8, 6:6-7, Colossians 2:11-14
  - C Even though your sins are forgiven, the consequences of those sins can and will remain. A continual lifestyle of sin will result in the chastisement of God.  
Hebrews 12:5-11, Galatians 6:7-8, Job 4:8
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- IV The best way to overcome sin is to prevent it in the first place by God's power.
- A Realize you are dead to sin in Jesus Christ. God has already counted you dead to sin, but you must "reckon yourself dead" also. Dead men cannot sin.  
Romans 6:11, Colossians 3:1-10
  - B Don't allow sinful thoughts to control your mind.  
II Corinthians 10:3-5
  - C Don't make provisions for the flesh. Avoid opportunities to sin and do not keep things in your life that make it easy for you to fall into sin.  
Romans 13:14
  - D Walk in the power of the Holy Spirit. If you focus your time and energy on the good and right things God wants from you, you will have much less opportunity to sin.  
Galatians 5:16-25, Romans 8:1-8

THE KEY POINT OF THIS LESSON:

*Hide God's word in your heart to battle sin.*

*God has made a way of escape from temptation to sin.  
I Corinthians 10:13*

*The only sure way of escape from sin and temptation is to hide the word of God in your heart and apply it to your life. That is why Bible memorization is so vital to your Christian life. No matter how much of a challenge it might be for you to memorize scripture, work at it! You are powerless without the word of God in your heart. Jesus Christ overcame his temptation by quoting scripture. Why would you think there could be a better way?  
Psalm 119:9-11*

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*There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.  
1 Corinthians 10:13*

- V How to deal with sin after it happens.
- A Accept responsibility for your sin. Your sin is your own fault, not anyone else's. You will never correct anything until you face up to the responsibility.  
Proverbs 28:13, I John 1:8, 10
  - B Confess your sins to God. He alone can forgive sins because he alone was sinless.  
I John 1:9

- C Judge your sin. That means to agree with God that it is sin and not make excuses or rationalize your sin. This should be done immediately as we sin. Self judgment of your sin is also another very important aspect of the Lord's Supper.  
I Corinthians 11:23-32
- D Trust God's promises to cleanse you and fight your sin.  
II Corinthians 7:1, Hebrews 4:15-16
- E Ask God for the power to overcome particular sins that seem to keep recurring. The Bible calls this "the sin which does so easily beset us". If these sins are not dealt with, they can eventually dominate your life.  
Hebrews 12:1-2, Romans 6:12-14, Proverbs 5:22
- F Repent of your sin. This means to have genuine sorrow that you have offended God, and to ask God for the power to turn away from your sin and not go back to it.  
II Corinthians 7:9-11, II Peter 2:22, Romans 6:1-2, Proverbs 8:13

## Basic questions you may be asking:

How do I recognize what is actually a sin in my life?

One of the main functions of the Holy Spirit is to convict of sin. If something you are involved in is displeasing to God, he will let you know about it!

John 16:8-9

Your conscience will also point out what is right and wrong. God has built his moral law into the heart of every person. However, your conscience can be “seared” if you violate the word of God and ignore God’s conviction.

Romans 1:18-20, 2:14-15, I Timothy 4:1-2

Read the Bible! One of the best ways to determine what is sinful is to find out what God says about the thoughts and activities of your heart and life.

Hebrews 4:12-13

How do I keep the influences of a sinful world from affecting me?

Don’t involve yourself with sinful activities. Of course, you must associate with lost people in order to try to win them, but don’t get involved in their sin.

Ephesians 5:5-12

Separate yourself from the ways of the world and follow Jesus Christ.

II Corinthians 6:14-18, James 4:4

Realize that “separation” is also a positive thing. Not only are you to be separate from the world, but you are to separate yourself UNTO the gospel. The more you involve yourself in reaching lost people with the gospel of Jesus Christ, the less likely you are to be drawn into their sin.

Romans 1:1, 14-16

Do you have any other questions about this subject?

