

11 Steps to Overcoming Sin

1. Walk in the Spirit

A. **Galatians 5:16** "I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh" NKJ

B. NLT – "So I say, let the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves"

2. Submit Yourselves to God

A. **James 4:7** "Submit yourselves, then, to God. Resist the devil, and he will flee from you."

3. Be Doers of the Word

A. **James 1:22** "But be doers of the word, and not hearers only, deceiving yourselves."

1. Re-sensitize yourself to God's word

4. Overcome Evil with Good

A. **Romans 12:21** "Do not be overcome by evil, but overcome evil with good."

B. Idea: Feeling tempted to sin? Pray instead. Feeling hatred, forgive.

5. Hide His Word in Your Heart

A. **Psalms 119:11** – "I have hidden your word in my heart that I might not sin against you."

B. When Jesus was tempted by Satan in the wilderness, He quoted scripture.

6. Guard Your Heart and Mind

A. **Philippians 4:4-9** "⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."

B. **Romans 13:13-14** "¹³Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. ¹⁴Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh."

C. Garbage in; garbage out.

7. Guard Your Circumstances

A. Don't put yourself in situations where you would be more likely to fail.

B. Maybe David shouldn't be out looking over into people's homes where they can be seen bathing and he would not have lusted for Bathsheba, have an affair, and then killed her husband.

C. Sin is a slippery slope

8. Confess and Be Accountable

A. **James 5:16** "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

B. There is something about knowing that you will have to tell someone who is holding you accountable what you are about to do that serves as a deterrent against sin.

C. God's forgiveness for sin is found through the blood of Christ. His strength against sin is often through His Spirit and other believers.

D. **Proverbs 27:17** "As iron sharpens iron, so one person sharpens another."

9. Discipline Your Flesh

A. 1 Corinthians 9:24 – 27 “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified”

B. Fasting disciplines us to say no to our flesh and yes to God

C. Two wolves analogy

1. Through fasting, we literally starve the evil wolf and make him weak.
2. Through Communication with God, we feed the other
3. Suddenly, the scales of strength have tipped and you will find continuous victory

D. Jesus set an example of fasting for us.

E. He also expects us to fast

1. Matthew 6:16 “When you fast” not “if” you fast.

2. There was a cultural expectation, but Jesus definitely seems to affirm fasting with His words here and certainly affirms it through His life and other scriptures such as:

a. Matthew 17:19-21 “Then the disciples came to Jesus privately and said, “Why could we not cast it out?” So Jesus said to them, “ Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”

F. So often, the words “prayer and fasting” are said together because it intensifies our prayer to God and it shows our desire for God.

10. Take the Escape Plan

A. 1 Corinthians 10:12-13 “Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

1. Know that the temptation is winnable
2. Look for the escape that God has given you.
3. Take the escape plan, crazy!

11. Be Combat Ready!

A. Ephesians 6:10-20 “Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.”