

Lesson 6 – Overcoming Sin

INTRODUCTION

In the previous lesson we discover that a proper understanding of the Holy Spirit is essential to a growing relationship with Jesus Christ. Another important aspect of growing your relationship with Jesus Christ is a proper understanding of sin. This lesson will help us understand why we sin and what we can do to overcome it.

WHAT IS SIN?

There are many ways people define sin. Read the following verses to see how sin is defined according to the Scriptures.

1 John 3:4

1 John 5:17

James 4:17

Although there are many ways people define sin, the one that matters the most is God's definition. According to the Scriptures, sin is breaking God's law, any wrongdoing, and not doing something we know is good to do.

WHY DO I SIN?

At the moment we trusted Jesus Christ as the forgiver of our sins and leader of our lives, we were spiritually transformed. However, we did not receive a new body or a new mind. Read the following verses to understand the resulting dilemma.

Romans 7:21-24

We sin because our body and mind can still be tempted toward sinful choices. The following verses identify three major areas of temptation.

1 John 2:15-16

Genesis 3:1-6

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Matthew 4:1-11

We also sin because we believe the lies of Satan. Eve and Jesus were both tempted to believe a lie. One did and the other one didn't.

WHAT CAN I DO TO OVERCOME SIN?

When it comes to overcoming sin, the question for every follower of Christ is not, "Will I sin?" The question is, "When I'm tempted to sin, what will I do?" Read the following verses and identify some of things we can do to overcome sin.

Proverbs 28:13

2 Corinthians 10:5

Romans 13:14

Colossians 3:5

1 Corinthians 10:13

Psalms 119:9, 11

1 John 1:9

Satan wants us to yield to temptation, causing us to feel defeated and discouraged. However, we can overcome sin by taking responsibility for our choices, not allowing sinful thoughts to control our mind, Scripture memorization, humble confession, and reminding ourselves there is always a way to escape.

CONCLUSION

No matter how long we've been in a relationship with Jesus Christ, we will NEVER get to the place where we will NEVER be tempted. Although temptations will always be present, through Jesus Christ we can say, "Yes" to God and "No" to sin.

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HOMEWORK

Read Hebrews 12:1. According to this verse, all of us struggle with a particular sin that we frequently say “Yes” to. Take a few minutes to think about the past week. What sin were you frequently overcome by? Was it a sin that appealed to the lust of your flesh, the lust of your mind, or the pride of your life?

On the line below, identify the specific sin:

Scripture teaches that sin begins as a temptation and every temptation has a way of escape. The surest way to overcome sin is through the power of God’s Word. By hiding the Scriptures in our heart and applying it to our life we can escape every temptation.

Using a concordance, locate and read any Scriptures that specifically address the sin you frequently say “Yes” to. For example:

- *if you struggle with lust, look up Proverbs 6:25*
- *if you struggle with greed, look up Luke 12:15*
- *if you struggle with fear, look up 2 Timothy 1:7*
- *if you struggle with vulgarity, look up Ephesians 4:29*
- *if you struggle with anger, look up James 1:19, 20*
- *if you struggle with forgiveness, look up Colossians 3:13*

Now, write the Scripture verse on a 3x5 card. Keep it with you for easy reference.

Finally, commit to memory the Scripture verse.