



## A Plan for Killing Sin

### Identify one battle with sin you are facing right now.

What specific sin are you tolerating in your life? For what sin do you often seek the Lord's forgiveness? In what way are you regularly using your "body" (mind, desires, will, and/or actions) to serve sin instead of God? Write your honest answers to these questions below. These are areas where you need to grow in Christlikeness.

### Use the pattern in Romans 6 to make a plan for *killing sin* in your life.

What do you need to **know**? (vv.1-10)

*Remember, every choice to sin begins with a lie. We believe lies about God, His Word, and ourselves. What specific truth do you need to **know** and **begin believing** to counter these lies?*

What truth must you **reckon**? (v.11)

*By faith, what steps will you take to **personally apply** these truths to your heart and life?*

How will you **yield**? (vv.12-14)

*What steps will you take to **act** on the truth? What does humble yielding to God's will look like for you?*

## Respond to God

Take time to earnestly pray. Express your dependence on the Lord, asking God to enable you to **know**, **reckon**, and **yield** in this specific area of sin. *Right thinking about the Gospel produces right living!* There is “no quick fix” to the problem of sin in our lives. Victory is possible because of our union with Christ. But the victory over specific sin happens in the arena of dependent obedience. Will you commit to faithfully applying the solution God provides in His Word through the power of the Holy Spirit? The Spirit will give you victory as you obey! God is a faithful Savior who promises to continue His work to save you from sin and make you more and more like Jesus. This is the purpose for which He saved you! Take time to thank God for this reality. Then ask Him to enable you to apply this reality to what you say, do, desire, and believe all day long!

## Practical Strategies for Growth

### *Because I am in Christ, I do not have to yield to sin.*

Practical strategies for saying “no” to sin:

- Identify times/circumstances in which I am tempted to find rescue, comfort, or escape in something or someone other than God.
- Be quick to humble myself before God, seeking forgiveness when I sin.
- Take radical steps to cut off sin at its source. Make it hard to access sin.
- Learn how to call out to Jesus for help in the midst of temptation. Identify the “way of escape” God has provided for me and plan to take it. Act on the truth: *I don’t have to sin!*
- Identify specific ways I need to stop feeding my flesh and encouraging the growth of wrong desires.
- Remember to “look far enough ahead.” When faced with temptation, stop and think about the ultimate consequence for sin (Romans 6:16, 19, 21, 23; 8:13). This can be a helpful deterrent. Remind myself that sin is deceiving; it always distorts my thinking as to the consequences—especially when those consequences are delayed.

### *Because I am in Christ, I can know and believe the truth.*

Practical strategies for renewing my mind:

- Identify and repent of unbelief. (What lies have I believed in order to engage in this sin?)
- Counter these lies with truth. Study to know and believe the truth about God (*Who He is* and *what He says*). God promises to change me as I see His glory in the Word (2 Corinthians 3:18).
- Set my mind on the things of the Spirit through diligently reading, studying, memorizing, and applying the Word. There is no victory apart from the Word of God. Victory comes “by the Spirit” (Romans 8:13) as He uses the Word of God to change us.
- Express dependence on the Lord through earnest prayer: “Lord, help me fight my sin. I can’t do it on my own. I need your enabling. Help me right now in the midst of my temptation to say ‘no’ to my wrong desires and ‘yes’ to what You want me to do.”
- Consistently cultivate a passionate relationship with Jesus. This is how I can grow to have a deeper enjoyment of Christ than I have for my sinful pleasures: “I can enjoy God more than my sin!”
- Believe what God says about forgiveness. Guilt is removed through my union with Christ. Don’t live with false guilt. Remember God’s promises. Remember God’s character—He *always* keeps His promises. I have an advocate in Jesus Christ (1 John 2:1-2). Learn to preach the gospel to myself every day (Psalm 103:12; 130:3-4; Isaiah 1:18; 53:6; Micah 7:19; Romans 4:7-8; 8:1, 38-39; Ephesians 1:6-7).

- Cultivate a hatred for sin by reading and meditating on the Gospel. How much does God hate sin? So much that He sent Jesus to die for it. Ask God to use the knowledge of Christ's suffering for my sin to grow within me a holy hatred for sin.

**Because I am in Christ, I can yield to the Spirit instead of my flesh.**

**Practical strategies for saying “yes” to God:**

- Take radical steps to pursue righteousness. How can I use my body to serve God? To serve others?
- Make a specific plan for how I will turn to the Lord for comfort instead of turning to my own way. God claims that He is “the God of all comfort” (2 Corinthians 1:3). I will demonstrate my *belief* that all true comfort is found in Him by *acting* on that truth (sing, read Psalms, rehearse gospel truth).
- Remember to “look far enough ahead.” When faced with temptation, stop and think about the ultimate reward of living for God (Romans 6:16, 19, 22, 23; 8:13).
- Invite accountability from a loving, mature believer in my local church.