

# Overcoming Sin

Introduction: In order to reach heaven we must not only have past sins forgiven, but we must keep from becoming entangled again in sin. 2 Pet. 2:20-22; Rev. 2:10. Satan will do all he can to cause us to sin. 1 Pet. 5:8; Eph. 6:11. However, we have God's help. God controls Satan's power as mentioned in 1 Cor. 10:13; James 4:7. God's help is for those who resist to the limit of their ability. Then lesson is concerned with helping you to overcome sin.

## I. HOW SIN DEVELOPS

**A. In finding a cure for a disease, doctors need to learn how the disease develops; how it enters the body, what part it affects and how. When these things are learned, a plan of attack can be developed.**

**B. James 1:12-15 outlines the way sin develops in people. We shall first study this development, then see how that helps us overcome sin.**

Jas 1:12 Blessed is the man who endures temptation; for when he has been approved, he will receive the crown of life which the Lord has promised to those who love Him.

13 Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone.

14 But each one is tempted when he is drawn away by his own desires and enticed.

15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

a) First Stage: TEMPTATION (vs. 14) Before an actual sin has been committed, there is temptation. Temptation includes two things:

(1) *Lust* – which is simply a desire for something.

(2) *Enticement* – which is an opportunity and an encouragement to satisfy the desire.

➤ A simple formula would be: *Temptation = Desire + Opportunity*

➤ It is not sinful to be tempted. Jesus was tempted, yet He did not sin. Heb. 4:15

b) Second Stage: SIN (vs. 15) This simply means that a temptation becomes a sin when you ACT AND YIELD to the temptation.

(1) We saw the temptation was *DESIRE plus OPPORTUNITY*. Sin involves adding the step of *ACTION*.

(2) The formula would be: *SIN = TEMPTATION + ACTION*

(DESIRE + OPPORTUNITY)

c) Third Stage: FINAL PUNISHMENT. (vs. 15). The “death” mentioned is explained in Rev. 20:12-15.

(1) Sin is “finished” when you continue in it and refuse to repent.

(2) The formula for this would be:

**SIN – REPENTANCE = ETERNAL PUNISHMENT**

## II. HOW TO OVERCOME SIN.

**A. In the above, we looked at the three stages in the complete development of sin. Putting them all together, we have: DESIRE + OPPORTUNITY + ACTIONS + NO REPENTANCE = ETERNAL PUNISHMENT. Sin and Satan will have overcome if you receive this final punishment. You will have overcome sin if you avoid this punishment and enter heaven. We can overcome sin by stopping its development at any one of these four points leading to the final punishment. Let us see how this may be done.**

**B. Desire: We must learn to control our desires.**

**1. It is part of our development as a Christian to gradually change the things we desire or what to do. (Rom. 12:2; Gal. 5:24; Col. 3:2). You may ask, "How can this be done?"**

Ro 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Ga 5:24 And those who are Christ's have crucified the flesh with its passions and desires. (NKJV)

Col 3:2 Set your mind on things above, not on things on the earth. (NKJV)

**(1) Study of the Bible will help you desire to do right, especially where it tell about God's reward for good people and punishment of sinners.**

**(2) The more you love God and appreciate His grace, the more you will want to please Him. And the more you will want to do things He asks of you to do.**

**(3) Pray with a penitent heart for every sin.**

**(4) Gradually you should find that you are less and less tempted to sin as you have practice in the past.**

**C. Opportunity: We must limit opportunities to sin.**

**1. It is a mistake to go into situations where we will have extra encouragement and opportunity to sin, especially when we have not yet gotten good control over our desires. (1 Cor. 15:33).**

Pr 22:24 Make no friendship with an angry man, And with a furious man do not go,  
25 Lest you learn his ways And set a snare for your soul.

Ps 101:3 I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me. (NKJV)

**a) Bad companions encourages us to sin. (Psa. 101:6-7; Prov. 22:24-25).**

**b) The kind of place where one goes for recreation may affect our ability to avoid sin (Ps. 101:3) What we think is fun recreations tells a lot about what our spiritual mind.**

**c) Find good things to do with our time so opportunities to sin will not arise.**

***D. ACTION: We must develop control over body and mind so we will not yield to temptations.***

**1. We will never remove every desire and every opportunity to sin, so we must learn to CONTROL OUR ACTIONS. This simple statement simply means “self-control.” This is not to ignore our heart. If we just change our actions and our heart still wants to sin then it is just a matter of time till we sin.**

**a) Proverbs 16:23 The heart of the wise teaches his mouth, And adds learning to his lips.**

**b) Proverbs 25:28 Whoever has no rule over his own spirit Is like a city broken down, without walls. (NKJV)**

**2. Jesus had perfect self-control**

**a) 1 Peter 2:21 For to this you were called, because Christ also suffered for us, leaving us an example, that you should follow His steps: 22 "Who committed no sin, Nor was deceit found in His mouth"; 23 who, when He was reviled, did not revile in return; when He suffered, He did not threaten, but committed Himself to Him who judges righteously;**

**3. The word “temperance” is often used to mean self-control**

**a) 1Co 9:25 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.**

**b) Ga 5:23 gentleness, self-control. Against such there is no law.**

**4. Self-control is needed especially when being a Christian is unpopular and we may be ridiculed for not going with the crowd**

**a) Lu 6:22 Blessed are you when men hate you, And when they exclude you, And revile you, and cast out your name as evil, For the Son of Man's sake. 23 Rejoice in that day and leap for joy! For indeed your reward is great in heaven, For in like manner their fathers did to the prophets.**

***E. HEART OF PENITENCE: We must repent of sins when we commit them.***

**1. While we try to control our DESIRES, our OPPORUNITIES, and our ACTS, we will still commit sin.**

**2. There is one thing left that will make it possible to overcome sin.**

a) God understands we are weak and so has provided a way for us to be forgiven of any sin we may commit.

b) When you became a Christian, you were forgiven of all past sins when you were baptized for the remission of sins. Acts 2:38.

c) When we sin, God is willing to forgive as often as we sincerely, penitently ask for His forgiveness. God will not forgive sins of which we refuse to repent and make confession.

**III. Conclusion: Now that you understand the nature of sin and how we commit it, now you must do all that you can to overcome it.**

Ro 8:31 What then shall we say to these things? If God is for us, who can be against us?

32 He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

33 Who shall bring a charge against God's elect? It is God who justifies.

34 Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us.

35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

36 As it is written: "For Your sake we are killed all day long; We are accounted as sheep for the slaughter."

37 Yet in all these things we are more than conquerors through Him who loved us.

38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,

39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. (NKJV)