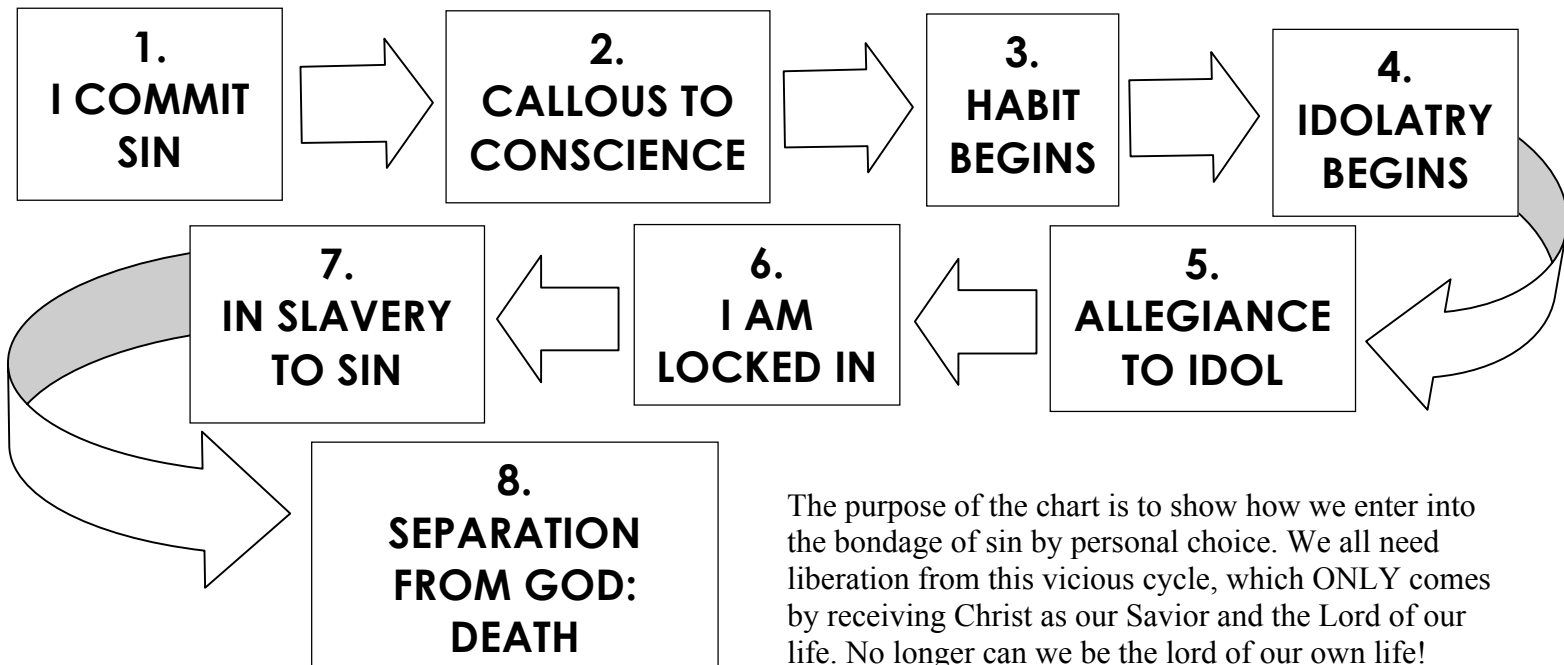


ONE STEP TO FREEDOM  
CHAPTER 1: Planning For Victory

Lesson 8  
THE CYCLE OF SIN



The purpose of the chart is to show how we enter into the bondage of sin by personal choice. We all need liberation from this vicious cycle, which ONLY comes by receiving Christ as our Savior and the Lord of our life. No longer can we be the lord of our own life!

**1. I commit the act of sin.** See Genesis 3:6 and James 1:15a.

**2. I become “desensitized” to right and wrong.** It becomes easier to sin the next time I am tempted. I become past feeling or desensitized. See Ephesians 4:19.

**3. Habit begins.** It becomes a part of me or becomes “second nature.” We all have a “habit capacity.” This can be used for good or bad. See Romans 6:16, 19.

**4. Desires are given ultimate priority, and they become an idol.** Whenever I give anything in my life ultimate priority, it becomes an idol of my heart. Any desire can become more important in my life than pleasing God. See Ezekiel 14:3-6.

**5. My life becomes enslaved to serving these desires.** A pattern of allegiance (or ritual) to the idol sets in. Jesus said, “Whoever commits sin is a slave to sin” (John 8:34). This is a compulsive and addictive behavior. For some, it is turning to the bottle or smoking cigarettes.

**6. I am locked into a way of life.** I’ve become dominated by sin making me a slave to it, leading me into bondage and destruction. See Proverbs 5:22-23.

**7. I am a slave.** You are either a slave to sin or a slave to Christ. See Romans 6:16, 22.

**8. Separation from God “DEATH”** This refers to both physical and spiritual death, leading to God’s judgment and spiritually remaining separated from Him for eternity. For the Christian, it brings spiritual deadness and corruption. “The wages of sin brings death” (Romans 6:23). “Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. Do not be deceived, my beloved brethren” James 1:15-16.

## ONE STEP TO FREEDOM

### CHAPTER 1: Planning For Victory

Have you heard the story of the emperor's new clothes? This is the condition of a person who is self-deceived as God sees them—they are naked and think that they are clothed. That is why the apostle Paul said, "Do not be deceived" in 1 Corinthians 6:9.

Only when we are truly honest about our sin can the Holy Spirit show us the real problem, as well as the real solution (confession, repentance and obedience to the Word of God).

1. Read James 1:22-25. In order to have victory over sin, what does this passage say?
  
  
  
  
  
  
  
  
  
  
2. Read John 8:34-36. What does Jesus call a person who commits sin and how can this person become free? What happens to the person that comes to Jesus?
  
  
  
  
  
  
  
  
  
  
3. For a Christian who feels they are living in defeat over their sin, what does Philippians 4:13 promise?
  
  
  
  
  
  
  
  
  
  
4. According to Psalm 1:1, what are the three actions that lead to sin?
  
  
  
  
  
  
  
  
  
  
5. According to Psalm 1:2-3, what is the remedy and blessing for resisting sin?
  
  
  
  
  
  
  
  
  
  
6. Is sin an accident, an involuntary action, or a choice? Explain your answer.
  
  
  
  
  
  
  
  
  
  
7. What are the wages of sin? What does this mean to you?