

Lesson 1

HOW TO OVERCOME LIFE-DOMINATING SIN

What does God's Word say on how to overcome life-dominating sin, such as addiction, pornography, eating disorders, gambling, video-gaming, and the like? First, we need to acknowledge our sin and repent of it.

1. Write Psalm 32:5.

Contrarily, what happens when we deny our sin?

2. Write 1 John 1:8-9.

Once we confess our sin, the next step is to repent.

3. Write Acts 3:19-20.

To repent means to acknowledge sin in my life and turn from it. Many people want the benefits of being identified with Christ without admitting their own disobedience and repenting. The key to forgiveness is confessing your sin and turning from it.

When we repent, God promises not only to cleanse us of our sins but also to bring spiritual refreshment. Turning away from sin may at first seem painful because it is hard to break old habits and give up certain sins. But God will give you a better way. When we admit our sin and trust Jesus to rule over our lives, we become "born again."

4. Write John 3:3, 6-7.

We are all born with a sinful nature and we all have bad habits and addictions. When we become born again, God's Spirit will help us overcome shortcomings when we unconditionally accept Jesus as our Lord and Savior.

5. Write Matthew 11:28-30. Jesus says,

When we come to Jesus and give him our addictions and the sin that dominates us, the Holy Spirit will empower us to overcome the works of the flesh (sin).

6. Write John 16:33. Jesus said:

CAN A PERSON BE HEALED FROM ADDICTION?

One more thing separates the opinions of man and God concerning addiction. Some of today's experts say that if you were born an addict, you will always be an addict. The world says, "There is no hope for you." God's Word settles the truth on this matter and gives us hope.

7. Write 2 Corinthians 5:17.

Once we are born again, we need to esteem God's Word over man's word. This is key to overcoming addiction.

8. Write Colossians 2:8.

Once we openly address our sin, God always has a remedy. Take time to reflect on the following passage and find God's solution.

9. Write 1 Corinthians 6:19-20.

Many people say they have the right to do whatever they want with their bodies. Although they think that this is freedom, they are really enslaved to their own desires. When we become Christians, the Holy Spirit comes to live in us. Therefore, we no longer have the right to do what we want with our bodies. When 1 Corinthians 6:20 says we have been "bought at a price," this refers to slaves purchased at an auction. Christ's death purchased us and freed us from sin, but this also obligates us to His service.

To glorify God in your body is the same as you living in a building owned by someone else. You try not to violate the building owner's rules. Because your body belongs to God, you must not violate His standards for living.

And finally, to overcome life-dominating sin, be thankful to Jesus!

10. Write 1 Corinthians 15:57.

Knowing that Christ has won the ultimate victory should affect the way we live right now. Don't let discouragement over an apparent lack of results keep you from doing the right thing. Continue believing that God is working in you and through you to perfect you.

11. Write Philippians 1:6.