

OVERCOMING STUBBORN SINS

SERVANT LEADERS



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INTRODUCTION:

Before we were born again, we were _____ to sin, and we have brought many of our sinful patterns right into our new life. However, God has called us to live a life free from such slavery. (Ephesians 4:17-19)

GOOD NEWS! WE don't have to be slaves.

17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. 18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. 19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.

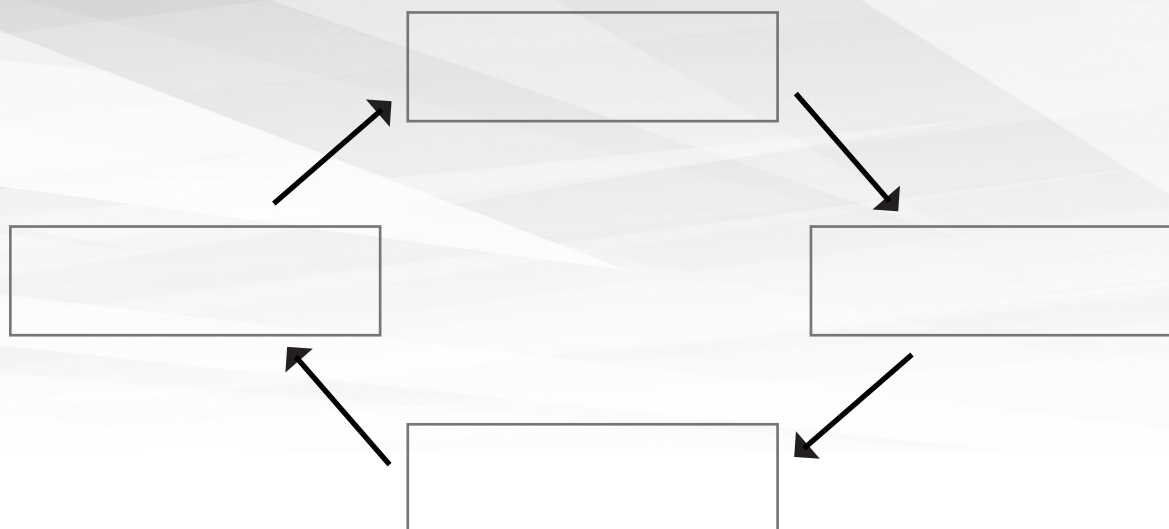
(Romans 6:17-18 & 1 Corinthians 10:13)

17 But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. 18 You have been set free from sin and have become slaves to righteousness.

13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.



THE BEHAVIOR CYCLE



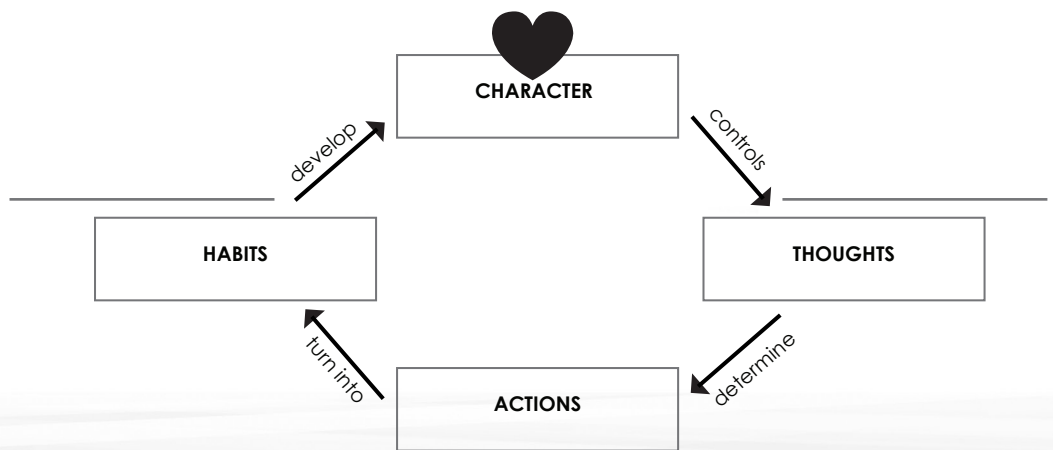
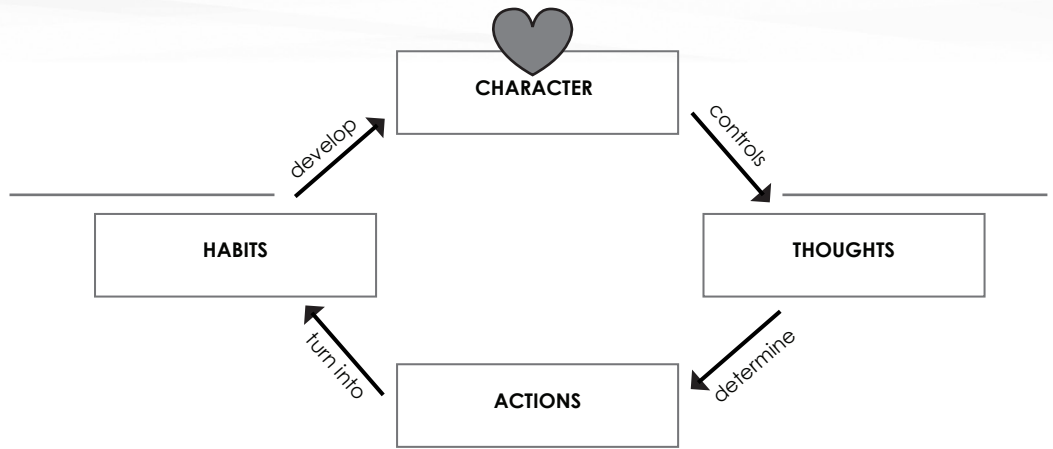
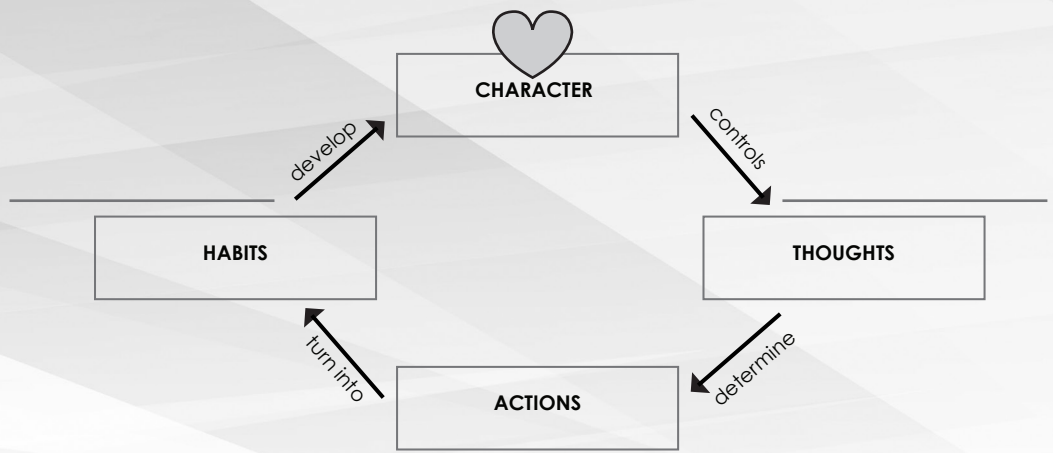
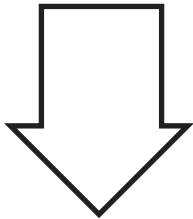
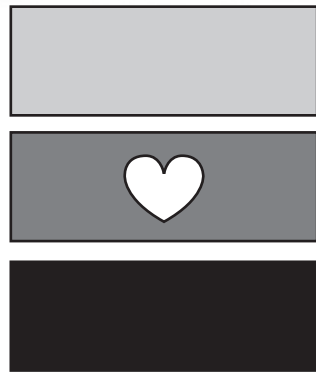
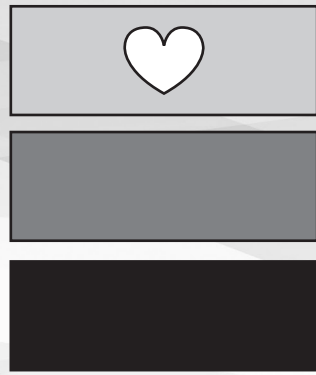
1. Our _____ controls our _____. (Titus 1:15)
Ej. Let's say that a man sees a pretty woman who is hoping to get his attention...
 - a. The man of poor character will think...
 - b. The man of good character will think...
2. Our _____ determine our _____. (Proverbs 17:8, Isaiah 29:15, Matthew 6:7)
3. Our _____ turn into _____ over time. (Hebrews 10:24-25 & 1 Timothy 5:13)
4. Our _____ develop our _____. (Ruth 3:10-11 & Proverbs 31)



THE DOWNWARD SPIRAL OF ROMANS 1:18-32

How does this relate to the Behavior Cycle?





The Law of Diminishing Returns:

When a pleasure is gained illegitimately, the joy that it produces will diminish with time and repetition, never reaching the level of the first experience. In attempts to continue experiencing joy, one must delve further and further into the activity until there is no joy found at all. - David Graef

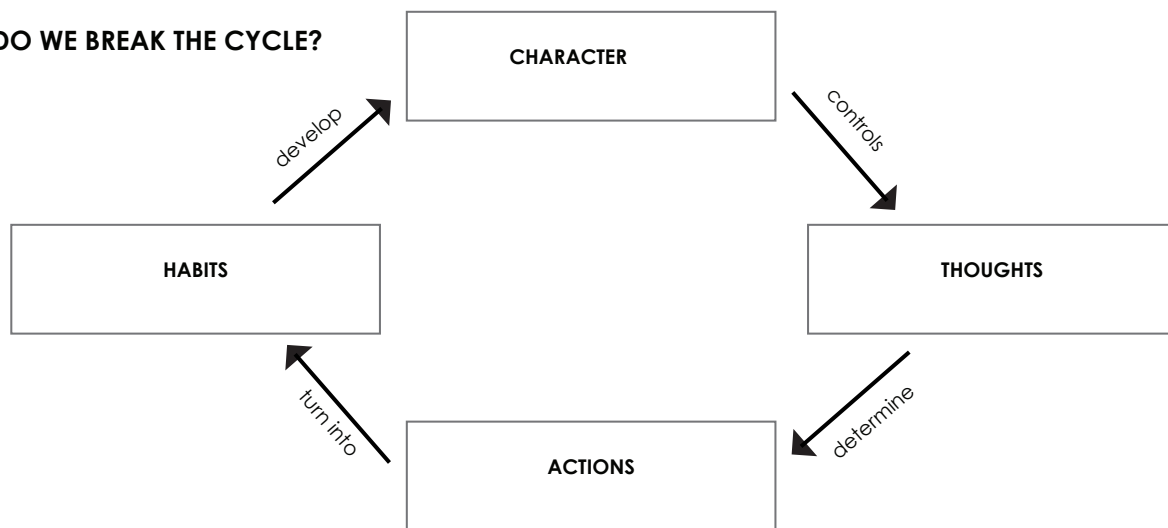
Example: Roller Coasters

Example: Remember your first kiss?

A romantic kiss can produce a sense of joy and pleasure, even if it is not a pure expression of _____. If it is not, over time it will lose its _____. Usually, the couple will experiment with even deeper expression in order to receive the same level of pleasure. Why?

Because...

HOW DO WE BREAK THE CYCLE?



1. "Changing our Character" is _____. (1 John 1:8, 1 Corinthians 3:18 & James 1:21-22)
2. "Changing our Habits" is _____. Sin tends to _____, not shrink. (Hebrews 11:25)
3. "Changing our Actions" is _____. Eventually, the heart will reveal itself. (Proverbs 4:23)
4. We break the cycle by _____. (Ephesians 4:17-24)

Underline every word that has to do with the mind.

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20 That, however, is not the way of life you learned 21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

3 STEPS

1. _____ / _____
2. _____ / _____
3. _____ / _____

Examples: Ephesians 4:25-29

Put off	Renew your mind	Put on
etc.	etc.	etc.



PRACTICAL STEPS FOR OVERCOMING STUBBORN SINS

1. Determine the _____ you need to overcome.
 - Start small and _____.
 - Let the Spirit guide you via _____.
 - Let your mentors guide you via _____.
2. Determine what _____ you believe when you are committing the sin.

Example: Pornography



3. Find Scriptures that _____ the lies, and write them on 3x5 cards.
4. _____ & _____ in the Scriptures until you _____ them.

