

How To Be delivered From A Besetting Sin

Hebrews 12:1-14

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and **the sin which doth so easily beset us**, and let us run with patience the race that is set before us, **Looking unto Jesus** the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. **For consider him** that endured such contradiction of sinners against himself, **lest ye be wearied and faint in your minds**. Ye have not yet resisted unto blood, striving against sin. And ye have forgotten the exhortation which speaketh unto you as unto children, My son, despise not thou the chastening of the Lord, nor faint when thou art rebuked of him: For whom the Lord loveth he chasteneth, and scourgeth every son whom he receiveth. If ye endure chastening, God dealeth with you as with Sons; for what son is he whom the father chasteneth not? But if ye be without chastisement, whereof all are partakers, then are ye bastards, and not sons. Furthermore we have had fathers of our flesh which corrected you, and we gave them reverence: shall we not much rather be in subjection unto the Father of spirits, and live? For they verily for a few days chastened us after their own pleasure; but he for our profit, that we might be partaken of his holiness. **Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby**. Wherefore lift up the hands which hang down, and the feeble knees; And **make straight paths for your feet, lest that which is lame be turned out of the way;** but let it rather be healed. **Follow** peace with all men, and **holiness, without which no man shall see the the Lord**:

1. Examine ourselves with complete honesty.

2 Corinthians 13:5, Psalms 139:23-24

2. Understand that no matter how sincere you are you cannot go forward with God until you make the proper adjustments.

Psalms 34:18; Psalms 51:16-17

3. Come clean with God and confess the truth about where you are right now.

(Genesis 32:26-28; John 4:15-19)

Psalms 51:1-5; I John 1:8-9

Confess means "to say the same thing about."

4. Internalize the truth about yourself.

Truth about your make up. Genesis 1:26

We are spirit; we have a soul that allows us to function in the natural realm and we live and express ourselves through a body

Spirit – that part of us that proceeded from God.

Soul – mind, will, emotions, desires, prevailing attitude – “spirit of the mind” Ephesians 4:23

Body – physical house in which we dwell. Flesh and Blood.

*Flesh – this term is used in the scripture primarily deals with the “old man” the “old nature”.

5. Gain an understanding of the warfare and the weapons that must be used.

A. Understand the way the spirit and the flesh fight, and know the tactics of the enemy.

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

Example - Two men pulling on each arm.

The enemy will do everything possible to feed your flesh through your eyes (what you see), your ears (what you hear) etc. the things that strengthen and feed your old nature so that it might have the stronger pull on your mind, because the mind (will) determines your actions.

B. Where the battle takes place.
Romans 7:15-25

For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. If then I do that which I would not, I consent unto the law that it is good. Now then it is no more I that do it, but sin that dwelleth in me. **For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not.** For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. **I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. **So then with the mind I myself serve the law of God; but with the flesh the law of sin.****

2 Corinthians 10:4-5

For though we walk in the flesh, we do not war after the flesh; (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting

down **imaginings**, and every high thing that exalteth itself against the **knowledge** of God, and bringing into captivity every **thought** to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

6. Be willing to suffer in the flesh to weaken the cravings and strengthen your spirit.

1 Peter 4:1-2; 16-19

Jesus fasted before His temptation to train His flesh to accept a “No”.

Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin; That he no longer should live the rest of his time in the flesh to the lusts of men, but to the will of God. Yet if any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf. For the time is come that judgment must begin at the house of God: and if it first begin at us, what shall the end be of them that obey not the gospel of God? And if the righteous scarcely be saved, where shall the ungodly and the sinner appear? Wherefore let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator.

7. Remove all possible avenues for feeding that particular sin.

If you say you are not eating hot dogs, don't go around the hot dog stand!

Luke 5:37-39

And no man putteth new wine into old bottles; else the new wine will burst the bottles, and be spilled, and the bottles shall perish. But new wine must be put into new bottles; and both are preserved. No man also having drunk old wine straightway desireth new: for he saith, The old is better.

- a. Get rid of all reminders.
- b. Make yourself accountable to someone.
(Someone that does not have same sin or problem)

8. Renew your mind regarding the sin.

Romans 12:1-2

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

- a. Understand the lie. (you have been made complete in Jesus, and you don't need anything else to be fulfilled)
- b. Understand the consequences.
Romans 6:23; Isaiah 59:2; Jeremiah 5:25; Isaiah 63:8-10

9. Be violent toward the sin when you are confronted with it.

As soon as temptation begins,

- a. Call it what it is. (Out Loud)
- b. State the consequences. (Out Loud)

** You will always have the law of the old nature to deal with.*

You see you will never get to a place that you can stop operating in the spirit. Example of the Airplane - The law of Gravity vs. the law of Aerodynamics. Like as escalator – the moment you stop climbing, you are falling.

10.Praise the Lord diligently and maintain daily disciplines and regular Church attendance, to maintain a strong spirit.

Proverbs 18:14

The (strong)* spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Keep your Spirit strong!

Listen to the Word as much as you can.

Pray in the Spirit & Praise your way through!