

## Ignite: Fighting Sin

**Objective:** By the end of the lesson the student will be able to employ strategies that will help them fight against sinning.

### **Bible Verses:**

I John 3:4

Acts 2:38

I Corinthians 6:9-10

I Corinthians 13:4

Mark 13:13

Luke 12:22-31

Matthew 26:39

Luke 18:1-5

Matthew 28:18-19

**Essential Questions?** What is sin? How can we fight against the human tendency to sin?

### **Opening:**

Read **I John 3:4**. The primary definition of sin in the Bible is transgressing God's law. In order to fight against sin we need to know what it is. God's law is still relevant in today's world and we need to obey God. The best way to understand and learn God's law is to read your Bible on a daily basis.

### **Content:**

In order to fight against sin we will need all the help we can get. God's Holy Spirit in us can help us overcome the pulls of our carnal nature. To receive God's Holy Spirit we must first repent and then get baptized (**Acts 2:38**). God's Spirit in your mind will assist you in fighting against your carnal nature.

The Holy Spirit helps us by bringing to remembrance the words of God. When we are tempted we can fight against temptation more easily if we remember what the Bible tells us.

Notice what **I Corinthians 6:9-10** tells us---bad habits will keep us out of God's Kingdom. In order to overcome bad habits we need to replace them with good habits. It is difficult to give up smoking, but the longer you can do it the better you will begin to feel. It takes some work and discipline. Proper exercise and nutrition can help your body feel better and decrease the need for drugs and alcohol to make you feel better.

Another thing that can help you fight sin is to have love in your heart. Maintain a positive attitude regardless of the circumstances you are in. Circumstances change just like the weather. We need to maintain good thoughts to get us through the rough spots (**I Corinthians 13:4**).

We also need to be persistent and resolute in fighting sin (**Mark 13:13**). Endurance is required in the battle against sin. If you get knocked down 7 times get up 8 times. In order to cut a sequoia tree you will need a lot of persistence. The same is true in our battle against sin. Has anyone here had an experience where persistence and endurance got you through a tough circumstance?

What if today was your last day on earth? How would you approach what you think about and how you interact with others? This is another technique you can employ in your battle against sin. If you can change how you think you will be able to change how you act.

Let's read **Luke 12:22-31**, how do you think these verses in Luke can help you fight against sin? If we can maintain our focus on God and His kingdom He will take care of all our needs. If we have the faith to believe this we can alter how we do life. When God is our primary focus our carnal needs begin to diminish.

Another idea to fight against sin is to control your emotions. Many times our emotions lead us into sinning. Look at what Jesus says in **Matthew 26:39**. He knows He is about to be crucified and His human nature (emotions) is not wanting to experience that. But in the next breath He asks for God's will to be done and not His own. This is a great example for us when feelings like anger, hatred, jealousy, lust and greed try to lead us astray. We have to refocus on God's nature and overcome these negative feelings. When you are sad---smile. If you are depressed sing a happy song. If you are uncertain raise your voice. Has anyone here had any experiences where your emotions got the better of you? Do you want to share?

Take an example from the persistent widow in **Luke 18:1-5**. She kept working and did not give up. Eventually her efforts were rewarded. Don't quit in your quest to root sins out of your life. It may take time and effort, but you can overcome. Don't allow yourself to procrastinate in your battle with sin. Waiting around to act shows fear. Step out and get after it. A journey of 1,000 miles begins with the first step.

One final thing you can do is to set goals for yourself. Jesus set a very lofty goal for us in **Matthew 28:18-19**. We should set goals for ourselves in our battle against our sinful nature.

### **Independent Practice:**

Have students break into pairs to share with each other what sins they are aware of and need to root out of their lives. Have them ask their partner to help them think of ways to fight against the sins they wish to reveal. Bring the group back together and see if some are willing to share sins they are working on and methods they have to fight against those sins.

### **Close/Reflect**

One way to fight against our sins is to be accountable to another trusted person. A parent, brother, sister, friend or relative can be your accountability partner. By having a weekly call or email with this person you can help make yourself more accountable for your actions. This is another way to help you root out sin from your life.

