

VI

Breaking the Sin Habit

ROMANS 6:11–14

So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

¹² Let not sin therefore reign in your mortal body, to make you obey its passions. ¹³ Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.

¹⁴ For sin will have no dominion over you, since you are not under law but under grace.

2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

COLOSSIANS 3:1–11

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth. ³ For you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your life appears, then you also will appear with him in glory.

⁵ Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶ On account of these the wrath of God is coming. ⁷ In these you too once walked, when you were living in them. ⁸ But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹ Do not lie to one another, seeing that you have put off the old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹ Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

READ | ROMANS 6:11–14

THINK ABOUT

Are you sometimes discouraged by the cycle of sin in your life?

In verses 1–10, Paul makes it clear that there are certain things that we “know” (vv. 3, 6, 9). But now there is something to “consider” (v. 11).

Paul has said that we have “died to sin” (v. 2) Now he encourages us to consider ourselves “dead to sin” (v. 11). This is something we must do.

Breaking the sin habit demands a negative presentation and a positive one (v. 13). The reign of sin in our lives has been broken (vv. 12, 14).

APPLY

All of us have experienced a particular sin dragging us down over and over again. We feel life would be wonderful if we were to be able to break this sin habit.

Each day we must obey the teaching of verses 11–14.

Rather than living a life of defeat, guilt, and despair, Paul gives the spiritual solution to breaking the sin habit.

It is important that you know the sin patterns in your life. Where are you vulnerable? Where have you fallen in the past? Develop holy habits.

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ASK

Share some patterns of sin in your life which have been difficult to break. What does Paul mean when he says sin “will have no dominion” over us? (v. 14).

What is the difference between living the Christian life “under law” as opposed to living it “under grace” (v. 14)?

What holy habits should be developed in your life, so that sinful habits are broken?

PRAY

Lord help me to consider myself dead to sin and alive to God in Christ Jesus.

I now present myself to you as an instrument for righteousness.



“Take My Life and Let It Be” — *Havergal*

“BREAKING THE SIN HABIT”

Romans 6:11-14



FOR YOU
WERE CALLED
TO FREEDOM,
BROTHERS.
ONLY DO NOT
USE YOUR
FREEDOM AS AN
OPPORTUNITY
FOR THE FLESH,
BUT THROUGH
LOVE SERVE ONE
ANOTHER.

GALATIANS 5:13