

CALL to PRAYER

Pray for Israel - Psalm 20:1-2

(Amos 1:6-8)

Reminder - Series on Ephesians starting in November.
prepare.

Read Ephesians daily to

Intro - October newsletter addressed the problem of pornography. Before it went to print my wife pointed out that I pointed out the problem but didn't offer any solution to combat the sin of pornography ^{Matt. 23:4}. I plan to prepare topical messages with a practical emphasis until we begin Ephesians. Today I want to tackle "How to fight the sin in your life." Our pagan culture encourages us to embrace our sin but Christian/Biblical culture teaches us to fight against the sin in our lives...in fact...Christ and His Spirit says we are to kill the sin in our lives.

Romans 8:13 - Killing Sin In Your Life

WHAT IS MORTIFICATION?

1. Mortification is the "putting to death" the misdeeds of the body/flesh.
 - a. Rom. 8:13
 - b. Mortician/mortuary = places of death or dealing with death
 - i. Acrostic - M.O.R.T.I.F.I.C.A.T.I.O.N
2. Jesus graphically addressed this process.
 - a. Matt. 5:29-30
3. Our sin problem lies in our unredeemed flesh. (cravings/appetites/desires)
 - a. Rom. 7:18 Romans 7:24
 - b. We all have besetting sins that we, as Christians, must address.
4. We are not to embrace our sin...we are to kill our sin (mortify it - Romans 8:13)
 - a. "Be killing sin or it will kill you." J. Owen
 - b. 1 Peter 2:11 - Fleshly lusts war against our soul so we should war against our lusts.
 - i. Mortification is a "pruning" work. John 15:2

THE SUPRANATURAL MUST PRECEED THE NATURAL / PRACTICAL

- Killing sin is a supernatural work that we cannot accomplish on our own.
 - Romans 8:8-9
 - We cannot "will" ourselves into winning against sin. John 15:5
 - Self-effort leads to self-righteousness and legalism.
 - Mortification is not man-made reformation/resolution.
 - Zech. 4:6
- Killing sin is the work of the Holy Spirit in our lives. Romans 8:13
 - Spirit conviction - John 16:8
 - Spirit regeneration - John 3:6-7 (not a New Year's resolution but a New Birth)
 - Ezekiel 36:26-27
- We are to walk by the Spirit. Gal. 5:16
 - The Holy Spirit will lead us to holiness. He will cleanse His temple
- By faith we live out a resurrection life. Gal. 2:20

TAKE SIN SERIOUSLY

1. We don't understand how bad we are or the exceeding sinfulness of sin.
 - a. Jer. 17:9-10
2. Pray that God would show you your hidden faults and keep you from sin.
 - a. Psalm 19:12-13
3. The more you love God the more you will hate sin.
 - a. Psalm 97:10
 - b. Jesus loves righteousness and hates wickedness. Heb. 1:8-9 We should too - Rom. 12:9
4. Remind yourself that sin always destroys 1 Peter 2:11 (we should kill the killers)
 - a. All the death on our planet is the result of ONE sin. Rom. 5:12
 - b. I don't understand this because I don't understand had bad sin is. (sin not that serious)
5. God doesn't wink at sin, and we shouldn't either.
 - a. What does HELL teach us about sin?
 - b. What does the CROSS teach us about sin? God spared not His own Son!

TELL YOURSELF "NO!"

- The discipline of mortification is about controlling your cravings...telling yourself NO!
 - Mark 8:34
 - The Christian life is all about self-denial not self-indulgence.
- Practice "saying no" to neutral things as training to help you "say no" to sinful things.
 - 1 Cor. 6:12
 - This is why fasting is a spiritual discipline. (Learning to manage my cravings)
 - Say "NO" to some good things that you want...
 - Movie, dessert, coffee, shopping, news, sports, phone, etc.
 - Saying NO to neutral things teaches us how to say NO to sinful things.
 - If you don't ever tell yourself "NO" then you won't know how to say NO.
- We need to train our sinful bodies/flesh to obey the Spirit (appetites & desires being bridled)
 - 1 Cor. 9:27

DIET & EXERCISE

1. I find that common medical advice frustrating and simplistic (tell me something I don't know)
 - a. But it is good advice both physically and spiritually.
2. How do you fight sin in your life? Diet & Exercise (intake and output)
 - a. Psalm 119:9 Psalm 119:11 Psalm 119:104
 - b. The Word of God in you will get the sin out of you.
 - c. John 17:17 Eph. 5:26
3. Renewed mind. Romans 12:2 Phil. 4:8 Col. 3:1-3
 - a. Crowd out the corruption in our life by adding devotion to your life.
 - i. Change your appetite by changing your diet.
4. Tithe your time.
 - a. If the only spiritual food/exercise you get is at church...you will be fat in sin.
 - b. Average American spends 4.5 hours per day on phone (teenagers - 8.5)
 - c. Tithe your time. (2.4 hrs. or 1.6 hrs.) Psalm 1:1-3