

How to Be Free From Specific Areas of Sin in Your Life

1. Acknowledge the specific behavior as sin (call a spade a spade)

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:8-9 NIV

2. Honestly determine if you want to be free from the bondage of this sin

One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" John 5:5-6 NIV

3. Ask God for His help

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. John 15:5 NIV

4. Find appropriate Scriptures; memorize them; & meditate on them

*How can a young man keep his way pure?
By living according to your word.
I seek you with all my heart;
do not let me stray from your commands.
I have hidden your word in my heart
that I might not sin against you. Ps 119:9-11 NIV*

5. Trust God for both His help and His grace, and obey His written Word

Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him. John 14:21 NIV

6. Be accountable regularly to at least one mature believer

Submit to one another out of reverence for Christ. Eph 5:21 NIV

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. For sin shall not be your master, because you are not under law, but under grace. Rom 6:11-14 NIV