

# Healing The Broken Heart Part VI

## Bondage To Sin

*Breaking Enslavement To Personal Sins By Experiencing The Law  
Of The Spirit Of Life In Christ Jesus*

### I. Introduction

In this series "Healing the Wounded Heart" we have been identifying root problems that keep our hearts from being healed. Thus far we have discussed in brief the following root problems: 1) the broken heart of a child, 2) family sins and curses, 3) negative expectations, 4) bitter root judgments, 5) inner vows, and 6) negative spiritual energies. In January, we will talk about healing traumas and in February, ungodly relationships or ungodly soul-ties.

Today's program focuses on chronic personal sins and how to break our bondage to them through the law of the Spirit of life in Christ Jesus. (Most of the ideas in this series have been drawn from Mark & Patti Virkler; Bill & Sue Banks; El El Ministries; John & Paula Sandford, Derek Prince, and Ralph Nault.)

### II. Root Cause: Bondage To Personal Sin

Key Scripture: For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For what the law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit...(Rom. 8:2-4).

#### **A. Sin Creates Separation**

Our personal sins hold our hearts us in darkness and act as barriers to receiving healing from the Lord. According to the Bible, our sins create a separation from God.

...your iniquities have made a separation between you and your God, and your sins have hidden His face from you, so that He does not hear (Is. 59:2).

...you were at that time separate from Christ...(Eph. 2:12).

Note: There seems to be a difference in how God responds to different people who do these sins. We understand that God looks at the heart of the person who is in bondage to a certain sin, not the sin itself. Some people fall into sin because of temptation, yet hate the very sin they are caught in. While others habitually practices them as a way of life, without regret or remorse. Their hearts are hardened against God.

## ***B. Habitual Sin***

The Bible helps us understand the types of sin that keep us from entering into the Kingdom of God; i.e., peace, joy, and righteousness. These behaviors include adultery, pornography, fornication, uncleanness, lasciviousness, idolatry, addiction to drugs, recreational drugs (smoking), strife, jealousy, outbursts of anger, fighting's, dissension, envy, drunkenness, carousing, gossiping, hating, unforgiving, resentments, etc.

Now the deeds of the flesh are evident, which are: immorality (adultery, fornication), impurity (uncleanness), sensuality (lasciviousness), idolatry, sorcery (drugs), enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you just as I have forewarned you that those who practice such things shall not inherit the kingdom of God (Gal. 5:19-21).

## ***C. The Law of Sin and Death***

Paul makes it clear that there is something working in us that causes us to sin. He calls it the law of sin and death (Rom. 8:2). This law says that evil is present in us, causing us to do sinful things, no matter how much we don't want to do them.

For we know that the Law is spiritual; but I am of flesh, sold into bondage to sin.

For that which I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.

But if I do the very thing I do not wish to do, I agree with the Law, confessing that it is good.

So now, no longer am I the one no longer doing it, but sin which indwells in me

For I know that nothing good dwells in me; that is in my flesh, for the wishing is present in me, but the doing of the good is not (Rom. 7: 18).

This is what we have to see. That in my flesh, in my natural being, if I don't rise above that and am able to live at a higher level, that is going to be my condition the rest of my life.

For the good that I wish, I do not do; but I practice the very evil that I do not wish. But if I am doing the very thing I do not wish, I am no longer the one doing it, but sin which dwells in me.

I can agree with the commandments and say, Oh yes, those are good. But I cannot live up to them, I fail every time. We need to see this. I need to see that evil and sin indwells me. I need to see that and see it clearly. That either somehow I can rise above it somehow, or I am going to live in that the rest of my life. This is my miserable sad condition.

I find then the principle that evil is present in me, the one who wishes to do good...

but I see a different law in the members of my body, waging war against the law of my mind, and making me a prisoner of the law of sin which is in my members.

### ***Prisoners to sin***

Our flesh has been sold into bondage to sin because we inherited a corrupted seed from Adam—and at the same time we carry a desire to live righteously. We have a desire to do good, our minds know this desire, but because our flesh is sold into bondage to sin, we are absolutely unable to do this.

Through one transgression (the Law) there resulted condemnation to all men (Rom. 5:18).

Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind (*dianoia*) and were by nature children of wrath...(?)

Paul is trying to bring out this point: for I joyfully concur with the law of God in the inner man. The commandment is good, holy, it is wonderful.

There is a different law at work in me making me a prisoner, I am a prisoner to that. I am enslaved to it. I have to do it; I can't even break free from it. That is the pattern of my life.

Wretched man that I am? Who will set me free from the body of this death? (Rom. 7:14-24).

This is the point he is trying to bring out. There is a way of getting freed from this wretched miserable condition of sinning constantly against myself and others and God.

### ***Hope is in Jesus Christ***

Thanks be to God, Jesus Christ our Lord! (Rom. 7:25).

So it has to do with Jesus Christ. My hope lies in Jesus Christ, not in myself or my works or my trying because I am wretched and sold into slavery. And I can do nothing about it myself. Somebody else has to do something about it. So on the one hand, I myself with my mind, but on the other one, my flesh the law of sin.

## ***D. Effects of the Law of Sin and Death***

The interesting thing about sin is that after we meet the Lord and are filled with the Holy Spirit, sin becomes more sinful than it was before. Little things before that would not even bother you, become big sins. Little sins, like gossiping, all of a sudden they become more sinful that they used to be. And you become like Paul, the chiefest of sinners.

I was once alive apart from the Law; but when the commandment came, sin became alive, and I died; and this commandment, which was to result in life, proved to result in death for me; for in taking opportunity through the commandment, deceived me, and through it killed me. so then the law is holy, and the command is holy and righteous and good. (Rom. 7:9-12)

### **1. Accuses and condemns us**

When we are under the law, we are always trying to measure up, always condemning yourself, and struggling to be righteous in our own strength.

You show the work of the Law written in their hearts, . . . and their thoughts alternately accusing or else defending them (Rom. 3:15).

...for if the ministry of condemnation...(II Cor. 3:9)

### **2. Produces death and evil**

The law of sin has a hold on us and will not let us go. It works right through the lusts of the flesh and mind, producing death and evil in us and around us.

...when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death (James 1:13-15).

...for the letter kills, but the spirit gives life (II Cor. 3:6).

And you were dead in your trespasses and sins (Eph. 2:1).

Your own wickedness will correct you, and your apostasies will reprove you, know therefore and see that it is evil and bitter...(Jer. 2:19).

### **3. Deceives us**

...sin, taking opportunity through the commandment, deceived me, and through it killed me (Rom. 7:8-11).

Let no one say when he is tempted, "I am being tempted by God; for God cannot be tempted by evil, and He Himself does not tempt anyone. But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death. Do not be deceived my beloved brethren (James 1:13-15).

### **4. Holds a curse on us**

I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants (Deut. 30:31).

For as many as are of the works of the Law are under a curse, cursed is everyone who does not abide by all things written in the book of the Law, to perform them (Gal. 3:10).

### **5. Opens us to the kingdom of darkness**

...which you formerly walked...according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience (Eph. 2:1-3).

...if you have bitter jealousy and selfish ambition (strife) in your heart, do not be arrogant and so lie against the truth. This wisdom is not that which comes down from above, but is earthly, natural (unspiritual), demonic. For where jealousy and selfish ambition exist, there is disorder and evil thing (James 3:14-18).

## **6. Produces lust which perverts love**

Lust is considered a sin in the Bible. An appetite of the flesh, it perverts sexual intimacy, twisting love. It causes the person to take from the other, demanding something from them, instead of giving to them. A person motivated by lust looks at people as sex objects, and does not really see them as people. The nature of lust is for it to grow out of control, demanding more and more. Lust brings no genuine satisfaction.

Rooted in a lie, lust causes the person to believe that he or she will get greater satisfaction if they take something from another to get their needs met. It only creates guilt and shame, and, because it grows quickly out of control, it destroys marriages and relationships. The lustful person begins to scorn his or her spouse and marriage.

Lust only grows, until it consumes the persons every waking thought and becomes more and more perverted. Demonic spirits are involved, and bring the person into great agony.

### **Effects of Adultery & Fornication (Pornography)**

Lust leads the person to pornography to sexual immorality and adultery/fornication  
Pornography is a lie, it does not depict life as it really is (Virkler & Virkler).

The Bible says that sexual intercourse results in the two becoming one flesh (and creating a soul tie, for sure). This is true in marriage (Gen. 2:24) as well as in fornication or adultery.

Know ye not that he which is joined to a harlot is one body? For two, saith he, shall be one flesh (I Cor. 6:16).

So when we enter into ungodly sexual activities through adultery and fornication, we are joined to the life force and energies of the others—and now these demonic spirits have connection to us. According to the scripture, every sin which a man commits has its immediate effect outside of the body, but not true for sexual sin. This sin has destructive results within the core of the person's being.

Every man who commits sexual immorality sins against his own body (I Cor. 6:18)

## **7. Results in addictions, which destroys relationships, health, careers, etc.**

Sin causes us to lead lonely, isolated lives. Holding secrets that they cannot easily share, they shut down capacity for intimate relationships. Addiction is a disease of isolation: Talbott (1989) calls it a disease of "de-peopleization" because of the aloneness and poor relationships that result. Live by rules that keep them locked into the sin:

- **Rigidity Rule:** must know what is going on everywhere & all the time, they will be safe. No spontaneity. If they can control their environment & everything else, then they will be safe.
- **Denial Rule:** Say it is not that bad, not hurting others, build a false reality.

- **Isolation Rule:** don't have many friends. Build walls to block out pain, but also block out intimacy. Can't risk being hurt. Lack skills of intimacy, cannot share emotional vulnerability with each other.
- **Silence Rule:** don't talk about it, don't feel. Emotional silence: no one can express their anger or pain. No place for emotional honesty--not permitted because they do not know what to do with it.

### III. Ineffectiveness of The Law of Moses

In Romans chapters 7 & 8, we read that even though we have the righteous Law of Moses, it cannot help us with our problem. The only thing it can do for us is to give us a picture of what righteousness and holiness are like, and we carry that knowledge right within our minds.

For we know that the Law is spiritual; but I am of flesh, sold into bondage to sin. For that which I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate. But if do the very thing I do not wish to do, I agree with the Law, confessing that it is good.

So now, no longer am I the one doing it, but sin which indwells me. For I know that nothing good dwells in me; that is in my flesh, for the wishing is present in me, but the doing of the good is not.

For the good that I wish, I do not do; but I practice the very evil that I do not wish. Bit if I am doing the very thing I do not wish, I am no longer the one doing it, but sin which dwells in me.

I find then the principle that evil is present in me, the one who wishes to do go...but I see a different law in the members of my body, waging war against the law of my mind, and making me a prisoner of the law of sin which is in my members. Wretched man that I am? Who will set me free from the body of this death? (Rom. 7:14-24).

#### **Scriptures On The Law**

1. Gives us the knowledge of sin (Rom.. 3:20).
2. Brings about wrath (Rom. 4:15).
3. Helps us come to know sin (Rom. 7:7).
4. Arouses sinful passions (Rom. 7:5).
5. Made nothing perfect (Heb. 7:19).
6. Unable to justify anyone By the works of the Law shall no flesh be justified (Gal. 2:16).
7. Unable to give us life: For if a law had been given which was able to impart life, then righteousness would indeed have been based on law ()
8. Is not of faith (Gal. 3:12).
9. Became our tutor to lead us to Christ, that we may be justified by faith, but now that faith has come, we are no longer under a tutor (Gal. 3:23).
10. The Law came in that the transgression might increase (Rom. 5:20)

11. Why the law then? It was added because of transgressions...until the seed should come to whom the promise had been made (Gal. 3:19).
12. We were kept in custody under the Law (Gal. 3:23).
13. The law is only a shadow of the good things to come and not the very form of things, can never make perfect those who draw near (Heb. 10:1).
14. For if the inheritance is based on law, it is no longer based on a promise; but God has granted it to Abraham by means of a promise...()

### ***My Testimony***

Excerpts of my journaling—The Lie

Vision of Tree: From the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you shall surely die (Genesis 2:9,17).

Vision of Mount Sinai: Whenever Moses (law) is read, a veil lies over their heart; but whenever a man turns to the Lord, the veil is taken away (II Cor. 4:15-17). You have been severed from Christ, you are seeking to be justified by Law; you have fallen from grace (Gal. 5:4).

## **IV. Finished Work Of Jesus Christ**

Knowing that we can never keep all of the laws, Jesus Christ came to fulfill the law for us and enable us to receive the free gift of grace and the free gift of righteousness. In His work on the cross, His death and resurrection, He liberated us from the curse of the law and made it possible for us to walk in the Kingdom of God, His righteousness, peace, joy and power (Rom. 5:12-18).

*But God, being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together (*in*) with Christ (by grace you have been saved), and raised us up with Him, and seated us with Him in the heavenly places, in Christ Jesus, in order that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. For by grace you have been saved, through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast (Eph. 2:1-9).*

### ***A. Jesus Ushered In The Kingdom of God***

Jesus did three things while here on earth. He healed the sick and oppressed; announced that the Kingdom of God is here; and cast out demons, setting people free from evil spirits.

*That evening at sundown, they brought to him all who were sick or possessed with demons...and he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak because they knew him (Mark 1:32,34).*

*...proclaiming and preaching the kingdom of God (Luke 8:1).*

*For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption, the forgiveness of sins (?).*

God anointed Jesus of Nazareth with the Holy Spirit and power, and he went around doing good and healing all who were under the power of the devil (Acts 10:38).

If I cast out demons by the finger of God, then the kingdom of God has come upon you (Luke 11:20).

The finger of God means an expression of God's power (Ex. 8:19; 31:18). In Matt. 12:28, Jesus makes the same statement but replaces the *finger of God* with *The Spirit of God*. The Spirit of God is the means by which God's power is expressed and actualized on earth." (Long, 1999).

## ***B. Came To destroy Satan's Power***

The Son of God appeared for this purpose, that He might destroy the works of the devil (I John 3:8). See Acts 10: 37-39.

God anointed Jesus of Nazareth with the Holy Spirit and power, and he went around doing good and healing all who were under the power of the devil (Acts 10:38).

Jesus healed every kind of disease and every kind of sickness (possessed with devils); lunatics (moonstruck); palsy (feeble, paralyzed); divers diseases (maladies) and torments; and healed those oppressed by the devil (Matt. 4:24).

Through death He might render powerless him who had the power of death (Heb. 2:14-15).

I have the keys of death and of Hades (Rev. 1:18).

These are in accordance with the working of the strength of His might which He brought about in Christ, when He raised Him from the dead, and seated Him at His right hand in the heavenly places, far above all rule and authority and power and dominion, and every name that is named, not only in this age, but also in the one to come. And He put all things in subjection under His feet, and gave Him as head over all things to the church, which is His body, the fullness of Him who fills all in all. (Eph. 1:19-23).

Now the salvation and the power, and the kingdom of our God and the authority of His Christ have come, for the accuser of our brethren has been thrown down, who accuses them before our God day and night (Rev. 12:10). Col. 1:13

When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him (Col. 2:13-15).

## ***C. Christ released us from the curse of law***

...remember that you were at that time separate from Christ...now in Christ Jesus you who formerly were far off have been brought near by the blood of Christ..... by



abolishing in His flesh the enmity, which is the Law of commandments contained in ordinances...having put to death the enmity (Eph. 2:12-16).

And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, having cancelled out the certificate of debt consisting of decrees against us and which was hostile to us; and He has taken it out of the way, having nailed it to the cross. When He had disarmed the rulers and authorities, He made a public display of them, having triumphed over them through Him (Col. 2:13-15).

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: "Cursed is everyone who is hung on a tree (Gal. 3:13).

In order that He might redeem those who were under the Law, that we might receive the adoption as sons (Gal. 4:6).

But now, we have been released from the Law, having died to that by which we were bound, so that we serve in newness of the Spirit and not in oldness of the letter (Rom. 7:5-7).

Key Scripture: For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For what the law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit...(Rom. 8:2-4).

For you are not under *law*, but under *grace* (Rom. 6:14).

Now that faith has come we are no longer under a tutor, for you are all sons of God through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ...(Gal. 3:23).

### ***Baptized into His death.***

In Romans 6, it says,

What shall we say then, are we to continue in sin that grace might increase. How shall we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus and been baptized into His death.

What many people do not understand is that in receiving Christ, we are not becoming united with his life at the point, but with His death... that's what we are becoming united with, death.

And he says, do you not know that all of us who have been baptized, submerged, into His death? Therefore we have been buried with Him through baptism into death that in order as Christ was raised from the dead, ???we are dead in our trespasses and sins, through the glory of the father we too might walk in newness of life.

We can rise from that wretched condition and walk in the newness of life. What? Through Jesus Christ, through His death, through the cross.

Through becoming united with Jesus Christ and the cross, and act of faith, I must believe this happens. For if, if (a little word), if we had become united with Him in the likeness of His death, certainly we shall also be in the likeness of His resurrection. If, if, I had somehow become united with Him in His death, then certainly I am going to be like Him in His resurrection. There is that little "if" thing which many people have not understood and have never applied faith and become united with.

*Knowing this, that our old self, that old nature, that we talked about in verse 7, was crucified with Him that our body of sin might be done away with that we should no longer be slaves to sin.*

We were in slavery. The cross breaks the slavery. See. Our faith, becoming united with the cross, we die with Christ. And so we get nailed on the cross with Jesus Christ. Then it goes on to say, verse 6,

*Knowing this that our old self was crucified.*

Now the point is, do I believe that. Did I go through the act of baptism? Do I believe that occurred?

*And it says, that our old self was crucified with Him.*

It meant all of a sudden, somehow, time became different. In one moment here, as I go through. ... two thousand years before that.... That I am nailed on the cross.

*And it says we should no longer be slaves to sin.*

The bondage is broken; I can still sin, but no longer can I use the excuse that I couldn't help it; I couldn't stop it, because that is a lie now, because that bondage is broken and He set the captives free. See. Set the captives free.

*And He says for He who has died is freed from sin, now if we have died with Christ we believe also that we shall also live with Him, Knowing that Christ having been raised from the dead is never to die again. Death is no longer master over Him, for the death that He died, He died to sin once for all, but the life He lives He lives to God, ?? even so consider yourselves to be dead to sin but alive to God in Christ Jesus.*

Alive to God, what? Through the Christ Jesus in us. Through the Christ Jesus in us, I am all of a sudden alive in a whole new way to God. You know.

*Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus, therefore do not let sin reign in your mortal body that you shall obey its lusts and do not go on presenting the members of your body to sin as instruments of unrighteousness, but present yourself to God as those alive from the dead and your members of instruments of righteousness to God. For sin shall not be master over you for you are not under law but under Grace.*

Wow. That same move when we go to the cross, sets us free from the letter of the law that kills us and brings us into a new position of grace with God.

That covers water baptism. Very powerful act. An act of faith. I must apply faith to it when I go through it. You see. And this has been interesting, especially from a Catholic background, because this question is

always brought up, and what I come to discover after awhile, that in the Catholic church they have a baptismal vow that is renewed every year, through the whole congregation, and everybody says the word or the prayer, denouncing Satan and accepting Jesus, all of this, and they do this year after year after year, for all Catholic people I know. It can be a very powerful act for those who truly believe and have faith and apply faith into it.

Read Romans 5-8 until you understand them and see your true condition and ask: what can be done about it; am I to live in this miserable condition the rest of my life? Or can I rise above it someone. Yes through Jesus Christ I can.

## V. The Law Of The Spirit Of Life In Christ Jesus

The law of the Spirit of life in Christ Jesus says that instead of attacking the sin ourselves and trying to overcome it with our strength, we turn our attention to the Holy Spirit Who lives within us and applying faith in the power of God we speak forth the release of His power out through us, destroying the power of sin in our lives (Virkler).

Thus, it is God in action rather than us in action. We have chosen to come to the power of God to overcome our flesh, rather than trying to overcome it through the power of our flesh.

*Key Scripture: For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For what the law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, in order that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh, but according to the Spirit...(Rom. 8:2-4).*

### A. *The Spirit Brings Us Life*

1. ...the Spirit who gives life, the flesh profits nothing (John 6:53-63).
2. ...the Spirit gives life (II Corinthians 3:6).
3. Oh come from the four winds, O breathe, and breathe on these slain, that they may come to life. And breath came into them and they came to life, and stood on their feet, an exceedingly great army. I will put my Spirit within you, and you will come to life, and I will place you on your own land (Ezekiel 37:6,9,10,14).
4. If you are living according to the flesh, you are about to die; but if by the Spirit you are putting to death the deeds of the body, you will live (Romans 8:13)

#### *Who Is The Spirit?*

Now the Lord is the Spirit, and where the spirit of the Lord is, there is liberty (II Cor. 3:17)

He who believes in Me...from his innermost being (out of his belly) shall flow rivers of living water...this He spoke of the Spirit, whom those who believed in Him were to receive...(John 7:37-39)

If anyone does not have the Spirit of Christ he does not belong to Him (Rom. 8:9)

## ***B. Enabled To Live Righteous and Godly Lives***

The full legal demand of the law “of sin and death” was fulfilled in pain upon the body of Jesus in anguish in the heart and soul and spirit of our Lord upon the cross. Just because Jesus said “it is finished”, we do not have a right to freedom from the effects of sin and the curse automatically, apart from obedience. The cross is not automatic. If we do not repent and confess, we reap in full despite the fullness of mercy available at a moment’s utterance (Sandford’s). Every sin demands resolution. There is no cheap grace. Forgiveness does not mean God looked the other way or changed His laws. Jesus said, do not think that I came to abolish the Law or the Prophets. I did not come to abolish, but to fulfill (Matt. 5:17).

We need to understand that God’s grace and mercy does not free us from the responsibility to live righteous and holy lives. St Paul said, that *if we sin willfully, we put Christ back on the cross and crucify him all over again*. We cancel our freedom through sin, until we repent.

Through Jesus Christ and His work on the cross, God has made it possible for us to live righteous and holy lives. Whenever we fall into sin, we are able to come to Him, confess our sins, and receive forgiveness.

Do not let sin reign in your mortal body that you should obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God (Rom. 6:1-23).

Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us walk by (*follow*) the Spirit (Gal. 5:19-21).

Therefore we have been buried with Him through baptism into death, in order that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life. For if we have been united with Him in the likeness of His death, certainly we shall be also in the likeness of His resurrection

For sin shall not be master over you, for you are not under law, but under grace. What shall we say then? Shall we continue in sin, that grace may abound? May it never be! How shall we who died to sin still live in it? Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness? (Rom

But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, and having been freed from sin, you became slaves of righteousness (Rom. 6:1-23).

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so you may not do the things that you please. But if you are led by the Spirit, you are not under the Law...

God does not condone sin, but He has made a provision for it and a way out of the penalty because of it” (Wright, p. 264).

If we say that we have not sin, we are deceiving ourselves, and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness (I John 1:8,9).

Who also made us adequate as servants of a new covenant, not of the letter, but of the Spirit, for the letter kills, but the spirit gives life (II Cor. 3:6).

## VI. Overcoming Sin

Most of us try to overcome sin by attacking it ourselves. We resist it, fight it, and try to subdue it in our own strength and will power. But will power cannot do it; it doesn't work. There is a scripture that tells us that we cannot do it with our will power.

Not by might nor by power, but by My Spirit, says the Lord of hosts (Zechariah 4:6).

We are children of the living God. Our natural flesh has not power in it to overcome spiritual problems. Sin is a spiritual problem.

Who were born not of blood, nor of the will of the flesh, nor of the will of man, but of God (John 1:13).

If so, most of us would not have any problem with sin any more. But the Bible says that sin can be overcome through the power of the Holy Spirit who lives within us.

...but by My Spirit, says the Lord of hosts (Zechariah 4:6).

If by the Spirit you are putting to death the deeds of the body, you will live (Rom. 8:13).

We can turn to the Lord Jesus Christ and to the Holy Spirit who is within us and look to Him to overcome the sin. This action brings us into rest, not striving and self effort. Trying to do it ourselves produces only death in us. There is no fruit in it. If the indwelling Holy Spirit does it, it is the power of God and not ourselves. Thus we cannot boast!

### ***A. Use The Bible Method***

The Bible method is to go to the Lord, asking Him to turn our heart toward Him. We begin to change our focus from trying and self-effort to the Holy Spirit and His power within us.

If we want to break free from bondage to personal sins, we must do what the Bible tells us to do. We must deal with sin by using the Bible method. The Bible says that through baptism and the power of the Holy Spirit working in our heart the power of sin is broken. Can we believe this? Can we place our faith in the truthfulness of God's word? We, in our natural flesh, cannot break the hold that our flesh has on us, but only the indwelling Holy Spirit can.

The Bible method calls us to repent and turn away from the things that bring us death. Do you recognize the things that bring you death? Do you know the difference between life and death?

It tells us to give up our old ways, to lay aside our corrupted fleshly self, and put on the new self that has been created within us. When we receive, in conversion, the uncorrupted seed from Christ, this seed joins with us and creates a brand new self (I Peter 1:23; II Cor. 5:17; Gal. 6:15).

Then our mind must be renewed by receiving spiritual revelation from the Lord. We must put on the new self that has been created in God's way, in the goodness and holiness of truth (Eph 4:22-24).

### ***Confess our sins***

The Bible method tells us to confess our sins and transgression to the Lord and to others, asking for their prayers.

*Confess your faults one to another, and pray one for another, that you may be healed. The effectual fervent prayer of a righteous man availeth much (James 5: 16).*

*Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, lest you too be tempted. Bear one another's burdens, and thus fulfill the law of Christ. For if anyone thinks he is something when he is nothing, he deceives himself (Gal. 6:1-2).*

### ***King Solomon's Example***

King Solomon says each person must know his own affliction and his own pain. What are the things that you do which cause you pain? How is sin deceiving you?

*Whatever prayer or supplication is made by any man or by all Thy people Israel, each knowing his own affliction and his own pain, and spreading his hands toward this house, then hear Thou from heaven Thy dwelling place, and forgive, and render to each according to all his ways, whose heart Thou knowest for Thou alone doest know the hearts of the sons of men, that they may fear Thee, to walk in Thy ways as long as they live in the land which Thou hast given to our fathers (2 Chron 6:29-31).*

*When they sin against Thee (for there is no man who does not sin) and Thou art angry with them and doest deliver them to an enemy, so that they take them away captive to a land far off or near, if they take thought in the land where they are taken captive, and repent and make supplication to Thee in the land of their captivity, saying, 'We have sinned, we have committed iniquity and have acted wickedly;*

*if they return to Thee with all their heart and with all their soul in the land of their captivity, where they have been taken captive, and pray toward their land which Thou hast given to their fathers, and the city which Thou hast chosen, and toward the house which I have built for Thy name, then hear from heaven, from Thy dwelling place, their prayer and supplications and maintain their cause and forgive Thy people who have sinned against Thee.*

*Now O my God, I pray Thee, let Thine eyes be open, and Thine ears attentive to the prayer offered in this place. Now therefore arise, O Lord God, to Thy resting place, Thou and the ark of Thy might; let Thy priests, O Lord God, be clothed with salvation,*

and let Thy godly ones rejoice in what is good...Remember Thy loving kindness to Thy servant David (II Chron. 6:36-42).

## ***B. Be Honest and Truthful***

One barrier to breaking free from bondage to personal sins is an unwillingness to become honest and transparent about their personal lives. We must come out of denial and other defenses, and take responsibility for our own sin before others.

Dr. Talbot: "People who want to recover from addictions must have the capacity to be honest and transparent, otherwise we cannot help them."

For your hands are defiled with blood, and your fingers with iniquity; your lips have spoken falsehood, your tongue mutters wickedness...they trust in confusion and speaking lies; They conceive mischief, and bring forth iniquity. Feet run to evil...thoughts are thoughts of iniquity...grope along the wall like blind men, grope like those who have no eyes...among those who are vigorous we are like dead men. All of us growl like bears, and moan sadly like doves...for our transgressions are multiplied before Thee, and our sins testify against us; for our transgressions are with us, and we know our iniquities; transgressing and denying the Lord, and turning away from our God...speaking oppression and revolt, conceiving in and uttering from the heart lying words...Yes, truth is lacking (Is. 59:3-15).

## ***Afraid of others and of failure***

They are frozen in their trespasses and sins because of the fear of man. They are afraid of being rejected by others, of not being loved, and of being abandoned by those they love. They are unable to admit that they are failures and of looking like a failure in the eyes of others.

## ***Pride***

Another barrier to being honest and truthful is pride. They don't want to look like failures in the eyes of others and in their own eyes. They forget that God sees and knows everything about them. He knows the hairs on their head and every thought they think.

Pride goes before destruction, and an haughty spirit before a fall (Prov. 16:18).

There is a constant principle of life which says when you turn on a light in a dark room all darkness has to leave. I John 1:5.

- Whatever is in darkness (hidden inside) must be revealed; whatever is covered must be opened up. For nothing is hidden, except to be revealed; nor has anything been secret, but that it should come to the light (Mark 4:22).
- Therefore do not go on passing judgment before the appointed time of judgment, but wait until the Lord comes who will both bring to light the things hidden in the darkness and disclose the motives of men's hearts, and then each man's praise will come to him from God. (I Cor. 4:5)

- Do not participate in the unfruitful deeds of darkness, but instead even expose them. All things become visible when they are exposed by the light, for everything that becomes visible is light. (Eph. 5:11)

### ***C. Examine The Fruit Of Your Favorite Sins***

If you have trouble wanting to give up a sin or in falling back into the same sin after applying the Biblical principle, spend some time thinking about the end result of your sin. What will its fruit be in your life? What causes your face to become cast down? What brings you under judgment and condemnation? What are you a slave to?

Therefore what benefit were you deriving from the things of which you are now shamed?  
For the outcome of those things is death...for the wages of sin is death...(Rom. 6:21-23).

Then the Lord said to Cain, Why are you angry? And why has your countenance fallen? If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it" (Gen. 4:6-7).

### ***Count the cost of the sin***

Virkler and Virkler suggest that the idea of writing a detailed picture of the end result of the sin. "What will the sin do in your area of your life. Use as much detail and vividness as you possibly can. The more graphic and lifelike the picture, the more power and passion it will generate within you. Your desire to sin in any specific area should be dealt a death-blow when you do this exercise" (p. 73).

Ask the Lord to show you the destruction the sin will bring into your life if you continue in this sin. To cause you to see how it will grow in your life. Write out a picture of what it will do to your....

- physical health
- soul
- spouse
- children, grandchildren
- relationship with God
- spiritual health
- friends and acquaintances
- ministry
- church
- job
- finances
- future plans and dreams
- eternal life



Pray: "Lord show me the destruction that the sin of sexual lust—pornography, adultery, fornication—will bring into my life if I continue in it."

### ***Describe the blessings***

Virkler & Virkler also suggest that the person writes a description of the all blessings that will be theirs if they change this behavior.:

### ***E. Establish Fences***

There is a principle in Christianity that talks about establishing fences around ourselves. We can see this when Hosea prayed for a hedge of thorns to be constructed around Gomer, his wayward wife, so that she could no longer find her way toward evil (Hos. 2:6,7).

We need to ask ourselves, what fences do we need to construct around us, so that our susceptibility to ongoing temptation in some area is reduced. Perhaps this means no sexual movies, TV or books. Perhaps means guarding your heart and mind so certain images do not enter in.

## Doing Business With God: Breaking Bondage To Sin

Taken from Virkler & Virkler (2000), *Contributing Strands Worksheet*, p. 7.).

1. Lord, what sin am I attacking with my will? What sins continue to trouble me?
2. Lord, in what way am I attacking the sin of .....in my own strength (*by saying God help Me overcome, rather than relying on the power of the Holy Spirit*) and not relying upon the Holy Spirit within me to overcome?
3. Lord God, the power to overcome the sin of.....is in You, the One Who lives in me. I turn away from my self-effort to overcome this sins, and embrace the power of the Holy Spirit Who flows within me. Jesus, I release the flow of the power of the Holy Spirit out through me, to overcome completely the sin of..... . (may use the eye of your spirit and see this happen.)

I encourage you to go to your priest or pastor or an anointed Christian person for spiritual ministry. Also ask the Lord to show you how the other root problems we have discussed in recent programs may be related to your personal sin: i.e., sins in the family, a broken heart in childhood, ungodly soul ties, negative expectations and inner vows, demonic activity, and unhealed traumas.

# Appendix: Drawing Close To Jesus Christ

We must come to place where we realize that nobody else is responsible but me. I must have a direct relationship, an individual relationship between me and God, this is the freeing agent. If you have not made a decision to invite Jesus Christ into your heart, you need to do this. It is key to the transformation and healing of your broken heart and life.

## **1. "Go To Jesus"**

You search the Scriptures, because you think that in them you have eternal life; and it is these that bear witness of Me; and you are unwilling to come to Me, that you may have life (John 5:39-40).

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls (Matthew 11:28).

He who believes in Me, as the scripture said, From his innermost being (out of his belly) shall flow rivers of living water. But this He spoke of the Spirit, whom those who believed in Him were to receive...(John 7:37-39)

He who believes has eternal life; I am the bread of life (John 6:47,48).

He who eats Me, he also shall live because of Me. He who eats this bread shall live forever (John 5:50-51).

Unless you eat the flesh of the Son of Man and drink His blood, you have no life in yourselves (John 6:53).

This is the bread that came down out of heaven so that one may eat of it and not die. I am the living bread that came down out of heaven; if anyone eats of this bread, he shall live forever. . . (John 5:50-51).

For the Lamb in the center of the throne shall be their shepherd, and shall guide them to springs of the water of life (Rev. 7:17).

Have you really experienced Jesus? If not, you need to repent and turn to Him. Jesus Christ is the only answer! Jesus Christ is the only way, He is the uncorrupted seed, He is righteous, He

brings fullness of life. Acknowledge that it is solely on the basis of what Jesus has done on your behalf that you are receiving your righteousness now.

If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you shall be saved; for with the heart man believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. For the Scripture says, 'Whoever believes in Him will not be put to shame' (Rom. 10:9-11).

As a result of a genuine conversion or born again experience, you have access to the Kingdom of Heaven which is right within you. You need to seek the truth and walk in it. Then you will gradually become free, feel free.

I call heaven and earth to witness against you today, that I have set before you life and death, the blessing and the curse. So choose life in order that you may live, you and your descendants, by loving the Lord your God, by obeying His voice, and by holding fast to Him; for this is your life and the length of your days... (Deut. 30:19,20).

### **Spiritual Realm Does Not Work By Magic**

The spiritual realm of God *does not* work through "magic," but through faith that resides in an honest heart. There are no magical words that will make God become real to you—but only an honest heart that recognizes its need and a tiny bit of faith *that God cannot lie, that what He said is true*. God Himself said that He sent Jesus to die for our sins so we can have newness of life. Did God lie when He said this? Can you trust what He says? It is faith in God Himself and in the power of God, revealed through the death and resurrection of Jesus Christ that brings about changes within us.

### **2. Use The Key: God Cannot Lie!**

Now simply go to God, praying from an *honest* heart. Begin your journey to God by praying something that is honest to you, such as...

God, I don't know if you are real, and if you are really there for me, but if you are, I need You in my life. I don't understand everything, but I know that I need a power greater than myself. I need You. Please come into my life. Thank you.

Here is the prayer I prayed thirty-five years ago:

God, I ask for your help. I want to know You. I need Your son Jesus. I place my faith in His work on the cross, His burial and His resurrection. I accept the blood He shed as enough for my sins and the sins of others against me. Jesus, I ask You to come live inside of me. I invite You to come into my life. And I thank you. Amen.

Examples of the "Sinner's Prayer"

a) God I am a sinner. I cannot save myself. I know according to your Word that I cannot make myself righteous, but I thank You because You love me and sent the Lord Jesus to die for me. And through His righteousness, redemption is made available to me. I believe that He died for my sins according to the scripture. I believe that He was raised from the dead and is my justification. I confess Him now and take Him as my Savior.

b) Heavenly Father, I know that I have broken your laws and my sins have separated me from you. I am truly sorry, and now I want to turn away from my past sinful life toward you.

I confess that I have sinned by doing ....., ....., and ..... I recognize these were wrong and I am sorry for them, please forgive me for....., and ..... And wash all sin and guilt from me with Your blood. I accept Your blood and enough for all my failures and sins. I now receive your merciful forgiveness.

I believe that your son, Jesus Christ died for my sins, was resurrected from the dead, is alive, and hears my prayer. I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. In Jesus' name I pray, Amen.”

### **3. Now, Where Is Jesus?**

If I ask you where is Jesus, can you say with confidence: “He is in my heart. I asked Him to come in, and I know He did, because God cannot lie.”

### **4. Make Jesus Christ Lord**

Make a decision to make Jesus Christ Lord of your life, to follow Him in faith and obedience. Decide to lay down your rebellion, surrender, and make Jesus Christ Lord of your life. Decide to do all that the Lord Your God asks of you. You may want to pray something like this:

Lord Jesus, I want to know You better, to come closer to You. Please cause me to see more clearly who You are and what You have done for me. Please reveal Christ in me. I thank you. Lord, I make a decision to follow You, in faith and obedience. I will do what You ask me to do. Lay down your rebellion and surrender to the Lord. I choose to make You Lord of my life. Amen

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