QUESTION:
Shalom. I want to know what I should do to overcome the sin that is troubling me.

ANSWER:
The sin that troubles a believer deeply is often referred to as a “besetting sin.” This is the sin that easily entangles us and holds us captive, as described in:

Hebrews 12:1 (NIV):

> *“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us.”*

This verse reminds us that as Christians, we are in a spiritual race, and some sins have a strong grip on us. While salvation brings forgiveness and the power to overcome sin through the Holy Spirit (Romans 8:1-2), not all sins disappear instantly at conversion. The ongoing struggle with sin is part of the Christian experience (Romans 7:15-25).

Many times, sins like stealing, lying, witchcraft, or sexual immorality are abandoned quickly after genuine repentance and receiving the Holy Spirit's power (Acts 2:38; Galatians 5:16-25). However, some sins, like masturbation, lustful thoughts, anger, jealousy, or addiction, may linger and cause persistent struggle. This is often because the sinful nature (the "old self") still desires what is contrary to God's will (Ephesians 4:22-24).

God commands us to overcome these sins because failure to do so threatens our spiritual well-being and eternal destiny. The Bible warns that continual unrepentant sin leads to spiritual death (Romans 6:23) and separation from God (Hebrews 10:26-27).

Cain's example (Genesis 4:6-7 NIV) illustrates God's expectation for us to master our sinful desires:

> *“Then the Lord said to Cain, ‘Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.’”*

This passage teaches that sin is a constant threat it “desires” to control us but God commands us to resist and rule over it through the power He gives.

Because some sins have deep roots, they require intentional and persistent effort to overcome. The Apostle Paul teaches in Romans 8:13 (NIV),

> *“For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.”*

This means victory comes by “putting to death” the sinful desires

through the Holy Spirit’s help.

The key practical principle is to eliminate every trigger or “fuel” that feeds the sin:

Proverbs 26:20 (NIV) says:

> *“Without wood a fire goes out; without a gossip a quarrel dies down.”*

Just like a fire needs fuel to keep burning, sin needs triggers places, people, thoughts, or habits to continue in our lives. Remove those triggers, and the sin’s power diminishes.

For example, to overcome sexual sin, avoid pornography, lustful media, and bad company. If you struggle with smoking or drinking, remove yourself from those environments and influences. The cravings and temptations will trouble you only briefly if you resist and rely on God’s strength (1 Corinthians 10:13).

Victory over sin is a process. Like a speeding car that doesn’t stop instantly but slows gradually when the brakes are applied, your struggle with sin will lessen as you stay away from its triggers and rely on God’s grace. Over time, the sin that once held you captive will lose its power.

Don’t give up and don’t accept defeat. The Bible warns in Revelation 21:27 (NIV) that nothing impure will enter God’s kingdom, and all who continue in sin without repentance forfeit eternal life.

Whether the struggle is with fashion, gambling, music, or any worldly influence, the solution is the same: identify and kill the triggers completely.

If you find yourself repeatedly tempted by certain sins, maintain spiritual disciplines like prayer, reading Scripture, fellowship with mature believers, and worship. These build your spiritual strength to resist temptation (Ephesians 6:10-18).

Remember, Jesus promises in 1 Corinthians 10:13 (NIV):

> *“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”*

God bless you.

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