1. Sanctification: Instant in Position, Progressive in Practice

When we receive Jesus Christ and the Holy Spirit comes upon us, we are positionally sanctified—set apart as holy in God’s eyes (1 Corinthians 6:11). However, practical sanctification—the process of becoming more like Christ—takes effort, time, and obedience.

> “And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.”
> *— 1 Corinthians 6:11 (ESV)*

Though the Holy Spirit empowers us, removing the deep roots of sin from our habits and lifestyle requires ongoing surrender.

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2. Salvation Is the Start, Not the End

Many believers assume that receiving the Holy Spirit marks the end of the struggle against sin. But in reality, it’s only the beginning of a spiritual transformation. Being born again is a new life that needs nurturing.

> “Work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure.”
> — *Philippians 2:12–13 (ESV)*

This “working out” involves our intentional cooperation with God’s Spirit.

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3. The Body as a Vessel: Redeemed for Righteous Use

To grow in sanctification, we must offer our bodies as instruments of righteousness. Paul uses this metaphor to emphasize that sanctification is not merely spiritual but deeply practical—it involves disciplining our physical actions and desires.

> “For just as you once presented your members as slaves to impurity and to lawlessness leading to more lawlessness, so now present your members as slaves to righteousness leading to sanctification.”

> *— Romans 6:19 (ESV)*

This includes:

- The mouth once used for gossip — now used to share the Gospel.
- The tongue once used for cursing — now trained to pray and bless.
- The eyes once given to lust — now focused on God's Word.
- The body once involved in sin — now used to serve, fast, and worship.

This is not legalism; it's spiritual discipline born out of love for Christ and a desire to be holy as He is holy.

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4. Transformation Through Training, Not Passivity

Sanctification is not automatic. Without training the body and mind toward righteousness, sinful habits will linger—even if you're filled with the Spirit. Paul says believers must "put to death" the deeds of the body by the Spirit (Romans 8:13).

> "If by the Spirit you put to death the deeds of the body, you will live."

> — *Romans 8:13 (ESV)*

Receiving the Holy Spirit without practicing righteousness may leave a believer struggling with the same sins for years. Prayer, Bible study, worship, and service aren't just spiritual disciplines; they are the means by which sanctification is applied.

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5. The Goal: Eternal Life through Holiness

The fruit of sanctification is not only a transformed life but also eternal life. Holiness is the natural path that leads to glory.

> "But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life."
> — *Romans 6:22 (ESV)*

It's important to note: we are not saved by works, but a life truly saved will work—by yielding to God's purposes and purifying itself from sin (2 Timothy 2:21).

6. Summary: Train Your Body, Transform Your Life

If you've received Christ:

- Train your mouth to speak truth and love.
- Train your eyes to focus on what is pure (Philippians 4:8).
- Train your mind to be renewed by God's Word (Romans 12:2).
- Train your body to serve, fast, worship, and walk in purity.

> "I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."
> *— 1 Corinthians 9:27 (ESV)*

Closing Prayer:

Lord, help me to offer every part of my body and life as a living sacrifice, holy and acceptable to You. Train my hands, mouth, eyes, and heart to walk in righteousness, that I may be truly sanctified. Amen.

May the Lord bless you as you pursue holiness.

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