Blessed be the Name of our Lord and Savior, JESUS CHRIST. Welcome to this Bible teaching. The Word of our God is the lamp and light to our path, as it is written:

> *“Your word is a lamp to my feet and a light to my path.”*
> — Psalm 119:105 (ESV)

Let’s begin with this powerful truth:

> *“Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin.”*
> — 1 Peter 4:1 (ESV)

From this, we learn a key principle: Suffering in the flesh is the pathway to freedom from sin.

Now, who is the ultimate example of one who suffered in the flesh and ceased from sin?

None other than our Lord JESUS CHRIST. He suffered in His body and broke the power of sin — not because He had any sin of His own (He was sinless), but because our sins were laid upon Him by the Father. He was counted among the sinners though He was holy, and He suffered and died on account of the world's sins.

> *"For the death he died he died to sin, once for all, but the life he lives he lives to God."*
> — Romans 6:10 (ESV)

Jesus died, was buried, and rose again without those sins — leaving them in the grave. That is the miraculous victory over sin.

How Do We Follow That Pattern?

To be free from sin, we must follow the same path: suffering, death, and resurrection — spiritually speaking.

But since no human being can walk that path exactly like Jesus

did, God made it simpler for us through faith in Christ.

When we believe in Jesus, deny ourselves, and turn away from the world, we are entering into His suffering.

When we are immersed in water baptism, we identify with His death.

And when we rise from the water, we identify with His resurrection.

> *“Having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead.”*
> — Colossians 2:12 (ESV)

These three steps — self-denial, baptism, and rising to new life — spiritually mirror Jesus’ suffering, death, and resurrection.

Therefore, the verse:

> *“Whoever has suffered in the flesh has ceased from sin.”*
> — 1 Peter 4:1 (ESV)

becomes a reality in us.

> *“And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”*
> — Galatians 5:24 (ESV)

Why Do Some Believers Still Struggle with Sin?

If you find that sins such as sexual immorality, drunkenness, hatred, jealousy, or witchcraft still rule over you, as listed in Galatians 5:19–21, it may be a sign that your flesh has not yet been crucified with Christ. And that’s why sin still has power over you.

The Solution?

- Deny yourself daily and take up your cross (Matthew 16:24)

- Be baptized in full immersion in water in the Name of the Lord Jesus

- Receive the baptism of the Holy Spirit

> *“And Peter said to them, ‘Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.’”*
> — Acts 2:38 (ESV)

When these three things happen, sin loses its grip on your life — because you have died to it!

> *“By no means! How can we who died to sin still live in it?”*

> — Romans 6:2 (ESV)

Think of it like this: a patient who suffered from a fever, after receiving the right medicine, becomes completely healed. In the same way, anyone who genuinely denies themselves and follows Jesus has taken the first pill of deliverance from sin. The second and third pills are water baptism and the baptism of the Holy Spirit.

> *“For the death he died he died to sin, once for all, but the life he lives he lives to God.*
> *So you also must consider yourselves dead to sin and alive to God in Christ Jesus.*
> *Let not sin therefore reign in your mortal body, to make you obey its passions.”*
> — Romans 6:10–12 (ESV)

May the Lord Bless You.

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