Blessed be the name of our Lord Jesus Christ. Welcome as we study the Bible together—the Word of God is our guide and the light to our path (Psalm 119:105).

Have you been saved, yet there is a particular sin you haven’t been able to leave behind, and you don’t know what to do? In this message, we will explore practical and spiritual steps to overcome that struggle.

Understand the Root Principle

First, it’s important to understand: when a person truly decides, from the depths of their heart, to follow Jesus, all sins that once tormented them must die within them. However, if someone is saved but still finds themselves troubled by past habits, this creates a problem.

The solution is simple yet powerful: Stop practicing that sin. Stop using that sin. You may not fully understand yet, but it’s just this: Cease the sin.

Anything left unused loses its strength and eventually dies. Even iron, if not used, rusts and deteriorates. Fire dies when it is not

fed (Proverbs 26:20). Similarly, sin, when left unused and restrained, loses its power. This is the nature of sin: it is destined to die if not nurtured.

Romans 6:11 instructs us:

> *“In the same way, count yourselves dead to sin but alive to God in Christ Jesus.”*

Practical Steps to Stop Sin

If you want to overcome the sin of lust, fornication, drunkenness, cursing, or anger, you must make a conscious choice: stop the sin. Stop the practice.

Proverbs 28:13 reminds us:

> *“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”*

You may ask, “How will I stop?” When the thought of sin arises, you might instinctively agree with it in your mind and feel the pain of self-denial because resisting sin requires effort. But if you yield, sin continues to grow inside you.

Discipline Your Body and Mind

After rejecting the thought of sin in your mind, it’s time to discipline your body. Declare: “I will do what I intend and desire in alignment with God’s will, not according to my flesh.” When you truly mean this, sin loses its power over you.

Consider waking up every morning. At first, your body resists the alarm, but if you persist, it adapts—you no longer need the alarm; your body wakes up naturally. Sin works similarly: if you consistently resist it, eventually it dies and loses its grip on your life.

Transforming Your Desires

You will start noticing change in areas that once controlled you. People you couldn’t tolerate may no longer provoke you. Desires that once seemed irresistible, like bribery, lust, or alcohol, will diminish. You will marvel at how far God has brought you.

However, initial effort is necessary. Do not yield. Do not wait for a miracle. Make a decisive choice: Stop sinning. Stop sinning now. God will strengthen you to succeed.

Key Principle

There is no shortcut. The Bible shows that sin thrives only when it is indulged. Stop feeding it, and it dies. God’s grace is available to empower you, but you must choose obedience.

Shalom.

Share this message with others who need encouragement.

If you want to receive Jesus into your life freely, contact us at the numbers below. You can also receive daily teachings via WhatsApp:
Join our channel

Contact: +255693036618 | +255789001312
May the Lord bless you.

Share on:
WhatsApp