

# VICTORY OVER SIN

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## Important Definition: Freedom

“Doing as we please is not “freedom” but “slavery to sin” (John 8:34, 2 Peter 2:19). Christ did set us free **from** sin, but we are free **to** love Him back with all our hearts.”

## Summary:

Since God’s mercy is complete, a disciple is constantly submitting his/her will to God as an act of worship to Him (Romans 12:1-2). As the disciple offers his/her body as a living sacrifice God renews and changes his/her thought patterns to coincide with God’s will and His desires. God gives us the responsibility to “take captive every thought to make it obedient to Christ.” -2 Corinthians 10:4-5

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## Disciples who follow Jesus...

- Are passionate about living a holy and pure life. *Hebrews 12:14*
- Live an honest, open life before others. *Ephesians 4:25*
- Must learn to use Scripture to replace sinful thoughts and habits. *Romans 12:1-2*

## ...Therefore, your commitments are:

- Audio: “[How to Walk in Victory](#)” by John Crawford. Listen to (at least the first 42 min...last 18 min are optional)
- Sermon: Listen to “[Get Real and Get Right](#)” by Francis Chan (11 min.)
- Booklet “[Changing Your Thought Patterns](#)” by Sanchez
- Application: “Identifying Wrong Thought Patterns”
- Use the word study method (found in the appendix) to study the Greek word Eleutheria (Freedom). Ex. Gal 5:1,13.
- Complete all the columns on the “Thought Life Project” worksheet.
  - Identify at least three problem areas. Share these with your group in a way that is consistent with HA #2.
- Ask a mature believer about his/her victory over sin
- Memorize either: 1 Corinthians 10:13 or Psalm 37:23-24
- Pray for victory over sin for yourself and others for the sake of His glory
- Record your KEY THOUGHT on the Action Plan page and think of a way to challenge yourself this week and live it out
- Seek to have a Quiet Time every day. How does Ephesians 6:10-20 tell us we should fight sin?
- Attend CV, take notes, record your key thought, and tell someone about the challenge you made
- Bonus: “Holiness & Purity” Bible study located in the Appendix

## **BEFORE MOVING ON:**

What is the point of having victory over sin?

# Identifying Wrong Thought Patterns

## Summary

Goal: Take every thought captive to Christ

## Steps:

1. Identify wrong thought patterns
  2. Change them
    - a. See "Changing Your Thought Patterns" by George Sanchez
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## STEP 1: Identify Wrong Patterns

### I. Sources of Thoughts

#### A. Self

**B. God:** God is spirit. We are primarily spiritual beings. God can communicate directly with us.

**C. Demons:** Also spirits. They can communicate thoughts to us directly.

1. Whatever the thought (anger, etc.) the demonic goal is always discouragement
2. Discouragement = "No fun in life so may as well satisfy myself"

### II. More Obvious Thought patterns

#### A. Lust

#### B. Greed

#### C. Control

#### D. Anger

### III. More Subtle Thought Patterns

#### A. Pattern: **Expectations**

1. **Description:** Expectations of life's events are too high (usually disappointed) or too low (expect failure so failure self-fulfills.)  
Result= disappointment. Play through scenarios in your mind where expectations are selfishly high or you expect the worst.

##### a) **Examples:**

- (1) Dating (women)
- (2) Dinner (men)
- (3) Job

##### b) **Key Words:**

- (1) "Always"
- (2) "Never"

**B. Pattern: Denial**

1. **Description:** Happiness and fulfillment can be had through achievement/circumstances. Thought scenarios include scheming to get the missing ingredient.
  - a) **Examples:**
    - (1) Marriage
    - (2) \$
    - (3) The one thing God has not given me
  - b) **Key Words:**
    - (1) "If only..."

**C. Pattern: Fear of Man**

1. **Description:** Worried about image, whether people will accept or reject me. Thoughts are "self"-centered, "self"-conscious.
  - a) **Examples:**
    - (1) Appearance
    - (2) Maturity Status
  - b) **Key Words:**
    - (1) "What will people think?"

**D. Pattern: Creeping Pride**

1. **Description:** Because of growth in Christian walk, I consider some sins "conquered." Results in growing arrogance rather than growing humility.
  - a) **Examples:**
    - (1) Thought life: "I've conquered lust."
  - b) **Key Words:**
    - (1) "I haven't struggled with that for a long time, *ha!*"
    - (2) 1 Corinthians 10:12

**E. Pattern: Special Case**

1. **Description:** Thoughts are focused on "fact" that some Bible truth does not apply to my situation.
  - a) **Examples:**
    - (1) Giving/Tithing
    - (2) Submission to Husband, leader, OR authority
  - b) **Key Words:**
    - (1) "Yes, but..."
    - (2) "Devil's advocate"
    - (3) "I know that's true but it doesn't apply to this..."

**F. Pattern: Drag Heels**

1. **Description:** Thoughts are about evaluating and critiquing leader rather than finding ways to help/ plug in. Attitude is, to some degree: "when I get a good leader (always nice, out for me, omniscient) I'll follow. Until then I'll question and critique."

a) **Examples:**

- (1) Husband
- (2) Boss
- (3) Questions

b) **Key Words:**

- (1) "Why do we do it that way?"
- (2) "Why do they..."
- (3) "Devil's advocate"

**G. Pattern: Failure to Engage the Mind**

1. **Description:** Failure to concentrate, focus on information. Mental laziness, not "alert." Failure to "gear up mind for action." 1 Peter 1:13

a) **Examples:**

- (1) Indifferent about ideas
- (2) Passive entertainment No notes

b) **Key Words:**

- (1) "Too hard"
- (2) "Too confusing"

# Thought Life Project

Problem arises in my thought life:	Replacement thoughts for each problem:	Verse to use with each problem: