

HOW DOES A CHRISTIAN STOP SINNING?

INTRODUCTION

Wesley taught the perfection of the saints, which has to do with the definition of sin. Wesley said, "Yes, we make mistakes, but mistakes are not sins. Sin is only when we deliberately do something against God." Many other theologians feel that we simply have fallen short of the glory of God and that is sin. I believe, personally, that we will never be absolutely perfect. We can have absolutely perfect days. Praise God that as children of God and through the power of the Holy Spirit we can experience perfect moments in Christ Jesus! Nevertheless, sin trails us and is a snare to us all of our lives. Let's see why and learn from it.

I. WHY DOES A CHRISTIAN DO THINGS HE DOES NOT WANT TO DO?

A. Because we want to sin

You know, just about everything we do is because we want to do it. You are here because you want to be here. You had a headache but you would rather be here than at home with a headache. You say, "Goodbye headache, I'm coming to this seminar." Another brother wants to be here too, but he says, "Oh, I have a headache! I'd better stay home and take care of my headache." It's the same thing but the decision is different. Of course, sometimes we are in circumstances that are beyond our control; but there again, either we complain or we develop joy or contentment. When it comes right down to it, we sin because we want to sin. We have yet to resist to the point of death. Maybe we've tried a couple times and it doesn't work. So we say, "O well, I'm just human, what can I do about it? It's not good, but it's not so bad. Jesus understands. God will forgive. Let's go on with life."

B. Lack of hatred for sin

Look at this book. It's the Bible; it is God's word. What did He write in it? "I hate divorce." Just ask Christians if they are getting divorces. "Well, ya, but this was written a long time ago and my circumstances are different. It applies to other wives, but my wife is going crazy. She needs to be in the crazy house! What can I do?" We have all these excuses. But God still says, "I hate divorce." Many times sin is in our lives, whatever it is, like lack of self-control or laziness perhaps, because we kind of enjoy it and we don't hate it enough. I mean, I even know about a guy who killed his own brother and when God said, "Why did you do that?" he said, "Who do you think you are? Am I my brother's keeper?" That is what Cain said. No remorse for what he had done. Would that God granted we learn to hate sin.

C. We are tempted with sins we enjoy doing

That's an interesting thought. You may want to think about that, underline that. I'm sure you've said to somebody else, "How could you do that?!" You are shocked because you don't enjoy doing that. You aren't tempted like that and you can't understand how he could do that! I can't understand why anyone wants to be drunk. I mean it's not real! But some people want it. The Bible says that each of us has a sin that easily besets us. We have these particular little things that we enjoy doing. That's where the problem comes in. You are probably not tempted to quit your ministry for three months and go ride a bicycle to Novosibirsk. "Let Abraham do it. It's his thing; he loves it." You are not interested in riding to Novosibirsk. But if someone would offer you a month's holiday on the Black Sea, during the season that you have the most ministry to do, that might be more difficult to deal with.

D. Lack of commitment to Christ

We have to have to have a commitment to imitate Christ and be ready as He was. That means you have to take limitations upon yourself just like Jesus took many limitations upon Himself. You have to be tied to Jesus. I was in Ireland some years ago and I had nothing to do, so I was looking in the shopping center for couple of hours. There was a huge bookstore. What am I supposed to do? I am not interested in buying teakettles or pots or pans. I'm not interested in buying dresses. A bookstore would be a normal place for a man like me to go. All along the top shelves were magazines with half-naked women. I said, "God, I'm not going to that place. I don't want to tempt my eyes, I don't want to tempt my mind, my heart, nothing, and I'm not even going to come close." It wasn't exactly pornography but it was still very provocative. Sometimes you need to put limitations upon yourself. Be sure you are tied to Jesus.

Yes, temptations have to come. In Matthew it says, "*Temptations must come, but woe to the person through whom they come.*" Don't be upset when temptation comes. Be tied to Jesus! Don't be surprised when temptations come. Temptations always come in a way and at a time when you never expect it. If you expect it, it wouldn't be a temptation.

You're going to the train station. A peddler will be there who has something you want to snack on in the train. On a winter evening it's just the thing you would like to have. You think, "Well, I don't have quite enough money for linens or for something else, but I'm going to buy it." Next morning you come home and you say, "Oh, no! I should have bought milk for the baby and now I don't have any money!" Next time it won't happen because you are already prepared for it. But when you haven't thought about it then it is a temptation. It's something so easy, so soft, so nice, and it comes so unexpectedly. When you expect it, it is easy to think, "Well I know that, I'm used to it. I'm not going to do it."

II. IS IT REALLY NECESSARY TO CHANGE THESE SINS?

The title is a question. Is it really necessary to change these sins? Dear elder, if you asked Satan this question, what do you think his answer would be? No, you don't need to change! But if you asked Jesus that question, you just might get a completely different answer!

A. Maybe they are only character defects?

We are apt to blame our parents and our heredity. Our parents did not raise us right so we have these character difficulties that we can't help. Or we have long-standing family illnesses and specific sinful tendencies. We may tend to think that these are just character defects. Nobody is perfect. "Well, God, that's your difficulty, sorry. It's not my difficulty. You created me, so that's just the way I am." But maybe God sees that just a little differently. There's a refinement of character that comes as we grow spiritually and as we grow more sensitive to God's holy desires for our lives.

Furthermore, God has promised a way of escape and a way to overcome for He shows love to a thousand generations who obey Him.

B. The answer is yes — all sin grieves God

We need to change these things. All sin grieves God. All sin hurts another person. All sin breaks a relationship. For instance, a wife does something and her husband doesn't know about it. It has nothing to do with him and it doesn't bother him. But now there's something in the wife's heart and mind she doesn't want to tell her husband. Now the relationship with her husband is 99%, but it's not 100% because there's something she doesn't want to share. When Adam and Eve sinned what was their first reaction? No relationship with God! "I hope He doesn't come this evening. Let's hide behind the bushes, maybe He won't find us tonight." That's how the Bible says it was. All sin grieves God. That is why we have a clear and direct instruction in the scriptures, "*Grieve NOT the Holy Spirit!*"



C. Let's look at Isaiah 43:24-25

"You have not bought any fragrant calamus for me, or lavished on me the fat of your sacrifices. But you have burdened me with your sins and wearied me with your offenses. 'I, even I, am he who

blots out your transgressions, for my own sake, and remembers your sins no more.” Then God says, “Let’s review the past and talk about it together.” We often think in terms of sins that we *do*, but sins of omission are also mentioned. Believers, many times we are playing with sins of omission rather than commission.

About sins of commission, God is really offended, and even more offended if we deny them. “Well, that wasn’t really a sin, it was just a mistake. It was unfortunate, I’m truly sorry it happened.” We are just not willing to see it as evil. Here in verse 27 God said, “Your first father sinned,” then He says, “Your spokesmen, that is your priests and your pastors, rebelled against me.” Sin is through and through us. It is in our heritage and all around us. God wants to review your past and He invites you to reason together and admit all the little sinful pleasures you maintain while He wants to blot them out.

D. Psalm 119:9 “How can a young man keep his way pure?”

“By living according to your word.” We have another lecture, where we emphasize knowing God’s Word. Here in the Old Testament we have that advice that we can keep our way pure by living according to the Scriptures. But please notice, you do need to **keep** your way pure. You are not automatically going to stay pure.

E. Romans 8:8 “Those controlled by the sinful nature cannot please God”

What is controlling your life? If we allow a sinful nature to control us, how can we expect a right relationship with God? His desire is for us to be controlled by the Spirit of God. We need to answer this question: “Is it necessary to change these sins?” I don’t know what these sins are for each one of you. But I do know one thing: It *is* necessary to change.

III. CAN WE REALLY STOP THESE SINS?

A. Romans 8:1-9,12

We want to answer the question, “Can we really stop these sins?” Behind Romans 8:1-9, 12 you can write: It is a matter of choice.

We read that now we do have power over sin. “*Therefore, there is no condemnation for those who are in Christ.*” The mind controlled by the Spirit is life and peace. This whole passage talks about not concentrating on the sin, not concentrating on trying to fix the problem, which is what the law would do. The summary in verse 12 says, “Brothers, we have an obligation,” and that obligation is to be spiritually minded. This means to be constantly thinking about the Bible, about Jesus and about the will of God. How do you do that? By memorizing Bible verses, by knowing the Bible inside out. That’s why the Bible encourages us so frequently to meditate on these things, to think about these things. When you are occupied with Jesus you cannot be occupied with sin.

Quite some time ago a key coach led some groups and he was asked to preach all day Saturday and Sunday. Being the nice guy he was, he obliged and sure enough his lessons were a flop the next week because he was too tired and unprepared. He lost his priorities and his ministry suffered from it. The enemy of “excellent” is “good.” There are many good things you can do. But they can become sinful things when God wants you to do the very best thing. Satan is not going to ask you, “Please become a barkeeper.” He is just going to ask you to preach in different churches on Sunday, so that on Monday you come to your group and you didn’t have time to prepare. You lost priority #1 and did priority #2.

B. I Cor. 10:13

“No temptation has seized you except what is common to man. 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 stand up under it.”

When temptation comes to you it is a pretty normal thing. It’s not something God says, “Oh, what happened? Look this is the first time that has happened in six thousand years!” No, it’s not like that. It’s a temptation to you, because basically you aren’t ready for it. You were not spiritual or you didn’t know your Bible or you

hadn't prayed or you didn't have enough physical exercise. God actually allows these temptations so we can learn where our weaknesses are. This is a vulnerable area which you have not yet learned to guard.

You have a weak body; just think how many times we are tempted when we are tired-- many times. When we feel good we are not as easily tempted. When we are tired or when we didn't sleep enough and when we are hungry, normal physical weaknesses create a special vulnerability.

There's a beautiful ending to this verse. There is always a way to escape it. You don't have to fall for a temptation. You will never be able to tell your pastor, or later on in heaven before the great white throne judgment, "I just couldn't help it." Jesus will open the Scriptures and say, "Let's look here in 1 Corinthians 10:13." Jesus will not judge us. He will simply read what is written in the Bible.

C. 1 John 1:9

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

"If you confess your sins" It's one of those verses that begins with "if." There is a condition to God's forgiveness. This is a beautiful verse and it is called the Christian's bar of soap. It is very simple to remember. You confess, I forgive. If you are real, I am real. It is a good verse to use when unbelievers repent and then afterwards they say, "Well, I don't know, was it real or was it not?" When they have some doubts, you ask them to read this verse. They read this verse and then you say: "Did you confess your sins?" "Yes." "Did you really mean it?" "Yes." "As good as you possibly could think of?" "Yes, I did mean it." "What does it say then? He is faithful and just to **maybe** forgive your sins? He is faithful to forgive your sins **when** you go to heaven. He is faithful to forgive your sins **later on**. He will forgive your sins **when** He feels good about it?" You can add a whole list of different points. I have used these questions with new believers who were doubting. No! If I confess, right then, immediately, Jesus does cleanse me from all unrighteousness.

D. How do we go about change?

Romans 13:14 *"Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."*

It says: "Clothe yourselves with the Lord Jesus Christ" — put on everything you know about Jesus. If you are cold spiritually, put on the underwear from Jesus, put on His overcoat, put on everything Jesus has and clothe yourself. "Do not think about how to gratify the desires of the sinful nature." That's the choice. The choice is, "I will think more about Jesus and I will no longer think about the lust." That is how victory comes.

E. Need to have a vision to stop Proverbs 29:18

"Where there is no revelation, the people cast off restraint; but blessed is he who keeps the law."

Proverbs 29:18 says that you need to have a vision to stop sinning. You need to have a vision to stop that one ugly thing in your life. Maybe it's a small thing, maybe it doesn't bother anybody, but it bothers you and Jesus. It's always in-between you and Jesus. Whenever you want to pray or do something spiritual that thing comes in-between. It says that if there is no revelation, no vision, the people lose their restraints, their self-control. In point 1 we saw that we must be chained to Jesus. We must have restraint. We are free to do everything. We are free before God; but should we do evil so that good may come? No, no, no, **no!** You see, that is beyond freedom: freedom means self-control. You need to have self-restraint. You need to have self-control.



If you have a vision of the bigger things in your life you will see how this sin is hindering you and holding you back from what you want to be. Such vision brings pressure to stop a debilitating sin.

F. Discipline 1 Tim. 4:7

"Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly."

Oh, how many Christians hate discipline! Oh, how hard of a thing discipline is for many Christian people! Look at this verse *“Train yourself to be godly.”* Do you want to be godly? Don’t ask a friend. Train yourself! That’s the instruction for each one of us. And it takes discipline.

Our method of doing that is to help all of our students to spend one hour a day studying a course. We want that to become a life style so that in the future all pastors and all elders will study spiritual things one hour a day for their whole life. They will develop a Godly lifestyle, they will preach good sermons and they will be prepared spiritually for temptations and all other things.

That’s a new lifestyle. We must sell this lifestyle to all the pastors. It’s absolutely necessary and it will be wonderful if they do it. It would be one way to create a spiritual country. Train to become Godly! The Holy Spirit is available for success.

G. Gal. 5:1

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

Notice how it begins. *“It is for freedom that Christ has set us free.”* He wants us to be free. He wants me to fly. All I have to do is to take an airplane. If I say, “I’ll fly myself,” he’ll say, “Okay, goodbye then.” There are still laws and rules in nature and we still must obey these things. Freedom doesn’t mean you can live without sleeping, without eating; there are still necessary things.

It says, *“Stand firm, then, and don’t let yourselves be burdened again by a yoke of slavery.”* We will have new experiences with sin all the time. But there will come a time when you will say, “Ah, why did I do that? How come I didn’t see that? That was wrong!” At that time when you see it, that’s the time to repent, receive forgiveness and remember the next time **NOT** to do it. Satan will always come back a second time. He says, “Too bad, I didn’t get this elder the first time. All right, we’ll try again tomorrow.” Satan wants you to be burdened by a yoke of slavery. Christ wants you to be free.

H. I John 5:3

“This is love for God: to obey his commands. And His commands are not burdensome.” We are the children of God, and presumably as His children we want to love our parent, our heavenly Father. Love is shown in obedience. So, develop a longing to obey Him. To obey is probably the strongest instruction from Jesus for His children. To obey shows God really has priority in your life. To obey shows your submissiveness. How strongly leaders resent having to be submissive, but it is the one mark that shows you really mean business with God. Please try it; it is a better way of life. We have faith for victory.

IV. TEN WAYS TO VICTORY

1. Resist the devil, and never run or retreat in fear

“Submit yourselves therefore to God. Resist the devil, and he will flee from you” James 4:7. Christians usually quote only the last half of this verse—but it is contingent only on the first part! The most important thing is to submit to God. Jesus submitted to being tempted in the wilderness because He knew His Father had a hand in it. It was the Holy Spirit Who had led Him there! And knowing this gave Him resolve and comfort that He was not alone on the battlefield.

But many Christians who are assaulted by great temptations begin to belittle themselves. They grow discouraged and depressed—and soon they give up, saying that their faith doesn’t work. They don’t realize that the very reason they are being tempted is because they are making progress! The Lord has commanded us to set ourselves to fight: “Stand fast in the faith, act like men, be strong” I Corinthians 16:13.

2. Bind satan out loud

Most Charismatics believe in binding Satan and will say something like, “Satan, I bind you in the name of Jesus Christ.” They feel Biblically that they have this authority as believers, as children of God who have the power of God and the Holy Spirit of God. Diane and I prefer to do it just a little bit different.

“Jesus, I ask you to bind Satan in your powerful Name.” Sometimes I may add, “Satan, you are bound in the name of Jesus. Jesus I believe that you now have bound Satan.” The difference is that instead of saying, “I bind you in the name of Jesus,” we say, “I, as your child ask **You, Jesus**, to bind him.”

I think the idea of binding Satan and binding demons is very real. I believe we do have the spiritual power to use, “*What you bind will be bound and what you loose will be loosed.*” I am convinced that we don’t nearly use enough of the spiritual power that is available to us. But we must remember that this is not our own power and that’s why I prefer to use the name of Jesus Christ very frequently and sometimes to use the covering of His blood. I strongly believe in the cleansing power of His blood.

I think we have power and need to use that power when there is a specific satanic or a demonic attack. “Jesus, I ask you to banish Satan from my mind. Satan my mind is dedicated to God. Depart from me in the name of Jesus. Depart from me. Jesus, I’m calling on you for power to free me from these evil thoughts.” It is important to say something like that because, “*We do not fight against flesh and blood but against powers and principalities of darkness.*” It seems that we just can’t avoid these evil attacks, but we can most certainly get victory over them.

3. Don’t ever talk to your tempter

Never argue with the devil or his powers. This is where many saints fail. They argue with themselves about their sin, whether some good might come out of it. Instead, they should be quickly quenching the flame, denying the devil an opportunity to inject deceiving arguments!

A young man who was involved in sexual sin with his unsaved girlfriend once came for advice. He said that he had heard strong preaching, and God had spoken to him, “Break it off immediately! Stop it, once and for all!” Yet, instead of quickly obeying God, the young man allowed Satan to drop arguments into his mind. The devil said, “But you’re responsible for her soul—she’ll go to hell unless you stay with her. Don’t cut her off completely. Call her, encourage her.”

It was a recipe for disaster. The young man was holding a conversation with demonic thoughts! He was arguing—talking to the devil. Satan cannot read your mind or thoughts—he’s not omniscient. But he can read your actions. He hears your phone conversations, watches where you go, sees what you look at. That’s how he knows so much about you—because your actions blab it out! Shut off the demonic conversations!

4. Don’t dwell on that sin

Don’t think about it. When I have a wrong thought coming to my mind, and I can kind of tell, “Aha, that’s an idea that is going to stay here for a while.” Maybe it’s a fear or perhaps just an immoral thought that comes to me. I say, “God, please remove this thought from me. Give me a new thought.” Then I begin to concentrate on something else. Often I begin to kind of hum a song; very quietly, to leave my wife sleeping. I focus on something else. Then I say, “Hallelujah Jesus.” That’s it. Don’t dwell on that sin.

5. Think about hating that sin

You **must** hate it. How important it is to learn to hate sin. Several of you are still very young and I’m not sure that you have learned enough hatred already. Call sin what it is. Sin is sin. You like to say, “Well I just was in a bad place,” or “It was just because I had the flu and I was weak.” NO! Learn to hate sin!

I hate drunkenness. It is good that I’m a Christian because if I wasn’t a Christian I would have a gun and I would shoot every drunken man because I hate it. It is so dumb to waste your life on alcohol, to ruin your wife and your children.

Occasionally, I stop to think about sin and I get so mad that I need to stop my work and drink a coffee or do something to ‘cool off.’ I can get so mad that I nearly lose my self-control. I hate sin because sin is an insult to my precious Lord and Savior Jesus the Christ. We need to hate sin. Hating sin is hating what drags people to hell.

6. Think pure thoughts

Whenever you are attacked think pure thoughts. If somebody makes you feel angry inside just smile a little bit and say, “God, this poor brother needs to do his character development on first Peter. It might be helpful for him.” As soon as you think a pure thought your anger is gone. Think a thought of blessing and your upset has left and revenge can’t be found. The sin that was coming to you just evaporated. It’s like a ‘balloon of sin’ came and you took a little pin ‘of pure thoughts’ and that was it. That is why we need to have pure

thoughts. It's very important when something happens to you that you learn to say, "Oh, Lord, I don't want to live like that. Give me pure thoughts."

7. Repel temptation with scripture

Jesus quoted scripture when He was tempted. Do you think Jesus knew what He was doing? Jesus had memorized His verses. Have you memorized the verses from your *Basic Christian Lifecourse* and other verses? God has made a way of escape and many times that escape comes in the form of a Bible verse that 'just happens' to pop into our minds at the right time. The Holy Spirit truly knows what He is doing.

The devil laughs at our arguments—they mean nothing to him. There is only one thing that puts terror in his soul, and this is the word of God in the heart of a Christian—believed and activated. We cannot win our battles by bare human resolve, or just mouthing Scripture verses. The force and power are not in the words, but in the authority God has invested in them. To have power over the devil, the Word of God must come out of a believing heart and trusting lips.

David said, *"By the word of your lips I have kept my feet from the paths of the destroyer"* Psalm 17:4. He also boasted, *"I kept myself from my iniquity"* in 18:23. How did he guard himself from sin? *"For I have kept the ways of the Lord---and I did not put away his statues from me"* (18:21).

Find Scriptures that are a contrary to the sin or temptation you face. If your temptation is toward adultery, cry out, *"You shall not commit adultery!"* If it is covetousness of any kind, cry out, *"You shall not covet!"* If it is the lust of the flesh, cry out, *"If you live after the flesh, you shall die!"* from Romans 8:13. If it is a longstanding lust that has laid hold on you cry out, *"Sin shall not have dominion over you!"* from Romans 6:14.

Go to the Bible and get some contrary commands. Begin to speak them and believe them. Only faith activates the written Word—and the Word is the only thing that chases the devil away. You can stand and say, "Devil, I am safe from you and anything you send against me from hell. I don't stand on my record, or any personal holiness—I stand on the written Word of God, as Jesus did."

8. Keep a journal and examine your actions

Experienced people suggest that you use one page in a journal and review that page for the exact same day every year for 5 years. Let's say you have a problem with something and the date is January 30. Then next year, January 30 you would look at this and have a little paragraph written in there and you would write another little paragraph. "I'm still struggling with this problem," or "This year God has given me a victory over this problem." or "I totally forgot I had this problem." That is, of course, super success. You check it for 5 years and you can see your spiritual progress. You see what God is doing in your life. It's a great idea!

Now this is, of course, easy for people who keep a diary every day. If you don't keep a diary you can keep a type of journal and still do something like that. At the beginning of each month you just look at what you wrote in that month a year ago.

A system like this is a good way to follow up and see what is happening in your life. If 5 years later you still have the same problem you really do have a problem. Write things down so you can review and remember. God wants us to write and to read and to review. This is clearly communicated in scripture.



9. Keep convicted

If you are not convicted ask God to show you an area where you lack. Why is it important to be convicted? If you feel, "I'm so great! Praise God, everything is going wonderful in my life. You know, brother, the last spiritual difficulty that I had was 8 months ago. I'm having a real fine Christian life." Either you have pride, or you are totally satisfied with the level you are on and you don't care about anything else. Or you don't understand what God wants to do in your life. God wants us to grow. He wants us to change.

We see changes more easily in a brand new believer than in a mature believer. We see it more easily in a new Christian worker than in an experienced Christian leader. But, nevertheless, there should be continual growth because God does want us to keep growing.

If you are convicted it shows you are growing spiritually. That's why the idea of once a month seeking God's help to develop a new area in your life is such a fantastic idea. Another crucial idea for every spiritual leader, for every pastor, is to spend one hour studying spiritual things every single day. That makes preaching real. You share out of your experience and your own conviction with God.

Jesus said to one church in Revelation *"You are such a poor, deprived beggar. You are so sick and poor you don't even realize it because you think you are rich. You have a problem."* They were so needy—they

didn't even realize they had a need. They had a problem. Talk about having a problem! If you don't realize you have a need, you do have a problem. Keep convicted. Ask the Holy Spirit to show you something in your life.

10. Love God

Jesus said the great command is to love the Lord your God with all of your being. Don't let yourself be overwhelmed by sin and evil. Put your focus on God. Seek Him, draw near to Him, fall in love with Him. Develop a passion for God, and as you do that sin will become so distasteful that you won't be able to bear being involved with anything that so opposes the nature of God.

CONCLUSION

The problem which worldly people have is that they think so little about God. You are leading a group of unbelievers to change that. You are working as a church planter in a village to change that. People there should begin to think about God even if they haven't thought about Him for over a year. "Ah, that is the second time this week I'm thinking about God." Slowly new interests are being developed. New visions and new ideas are coming. With those new desires better ideas and better longings are coming. One day there is the understanding that God wants to give them forgiveness and a whole new opportunity.

Yes, a Christian can stop sinning. Christians should stop sinning. We can live victorious lives. The Bible teaches it. God is victorious. He has given us part of His character. All things have changed; all things have become new. It is laid away for us to live a supernatural life in this natural world. Believe it, preach it, model it, and I'll guarantee you that when you're old you will see a changed world, you will see the people around you changed, your spiritual path will be marked by people being saved, your spiritual journey will be a successful journey. It's not a must, it's a great privilege. "Oh God, give us this privilege to live a pure life. To live a holy life. To be a model Christian." Amen.

Blessings to you, our dear friends!

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Practical assignment

Completed

- Buy a notebook and begin to keep a monthly journal of your struggles. Whenever you have a struggle, write it down in your journal. Do this for a year. At the end of every month leave several pages free so that you can add struggles or victories to it in later years. Don't forget to review it monthly after the first year!
- Write down your five greatest temptations then carefully choose at least one verse for each temptation. Memorize the verses and be prepared to say them at the next meeting. Make sure that you give a title to each verse and memorize the reference as well.