

## One Step to Freedom Lesson 7: The cycle of sin

*\*1st step in the cycle of sin; I commit the act of sin*

*-Because we didn't break the cycle of temptation the result was the act of committing sin, thereby starting the cycle of sin:*

**James 1:14-15a (NKJV) <sup>14</sup> But each one is tempted when he is drawn away by his own desires and enticed. <sup>15</sup> Then, when desire has conceived, it gives birth to sin;**

*\*How can we break the cycle of sin?*

**1Corinthians 15:34 (EXB) Come to your senses! Sober up as you should! and stop sinning!**

*\*2<sup>nd</sup> step in the cycle of sin; we become "desensitized" to right and wrong:*

**Ephesians 4:17-18 (NIV) <sup>17</sup> So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. <sup>18</sup> They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening/desensitizing of their hearts.**

*\*God's warning of living desensitized to right and wrong:*

**Romans 2:5(AMP) But because of your callous/desensitized, stubborn and unrepentant heart you are deliberately storing up wrath for yourself on the day of wrath when God's righteous judgment will be revealed.**

*\*How can we break the cycle of sin?*

**Acts 3:19-20 (AMP)<sup>19</sup> So repent, change your mind and purpose. Turn around/away and return/turn to God, that your sins may be erased, blotted out and wiped clean, that times of refreshing/restoring may come from the presence of the Lord,<sup>20</sup> and that He may send to you Jesus, the Christ, who has been appointed for you.**

*\*3<sup>rd</sup> step in the cycle of sin; habit begins:*

**Ephesians 4:19(NIV) <sup>19</sup> Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.**

**1 John 3:6b (AMP) <sup>6b</sup> No one who habitually sins has either seen Jesus Christ or has known, recognized, perceived, or understood Him; or has had an experiential acquaintance with Him. Which one describes you?**

*\*Habitual sin identifies us with satan:*

**1 john 3:8 (NKJV) <sup>8</sup> He who habitually sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil.**

*\*Habitual sin is uncharacteristic of born again believers:*

**1 John 3:9 (AMP) <sup>9</sup> No one who is born again of God deliberately, knowingly, and habitually practices sin, because God's seed; the essence of His righteous character remains permanently in him; and he who is born again cannot *habitually* live a life characterized by sin, because he is born of God and longs to please Him.**

*\*When believers habitually sin they do it over and over to the detriment of their own witness; but worse to the detriment of The Lord Jesus Christ's witness, publically shaming Him over and over again.*

**Hebrews 6:4-6 (AMP) <sup>4</sup> For it is impossible to restore to repentance those who have once been once for all spiritually enlightened and who tasted and have experienced the heavenly gift and have shared in the Holy Spirit, <sup>5</sup> and have tasted *and* consciously experienced the good word of God and the powers of the age to come, <sup>6</sup> and then have fallen away; it is impossible to bring them back again to repentance, since they again crucify the Son of God on the cross. As far as they are concerned, they are treating the death of Christ as if they were not saved by it, and are holding Him up again to contempt, shame and public disgrace**

*\*The result of continuing in habitual sin:*

**Hebrews 10:26-27 (AMP) <sup>26</sup> For if we go on willfully *and* deliberately sinning after receiving the knowledge of the truth, there no longer remains a sacrifice to atone for our sins that is, no further offering to anticipate, <sup>27</sup> but a kind of awful *and* terrifying expectation of divine judgment and THE FURY OF A FIRE *and* BURNING WRATH WHICH WILL CONSUME THE ADVERSARIES ;those who put themselves in opposition to God.**

*\*How can we break the cycle of habitual sin?*

**John 5:14 (NKJV) <sup>14</sup> Afterward (after healing the man at the pool of Bethesda) Jesus found him (the man he healed) in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."**

\*4<sup>th</sup> step in the cycle of sin: *Desires are given ultimate priority, and they become an idol:*

**Romans 8:5a (AMP)<sup>5</sup>** For those who are living according to *the priority of the flesh and are overtaken/controlled by its unholy desires set their minds on and pursue those things which gratify the flesh, (which leads to Idolatry..)*

*\*We know idolatry is a manifestation of the sinful flesh:*

**Galatians 5:19-21a (KJV)<sup>19</sup>** Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,<sup>20</sup> **Idolatry**, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,<sup>21a</sup> Envyings, murders, drunkenness, revellings, and such like:

*\*We know Idolatry is the 2<sup>nd</sup> commandment given by God;*

**Exodus 20:3 (KJV)<sup>3</sup>** Thou shalt have no other gods before me.

*\*And God warns us of the punishment for habitual Idolatry:*

**Galatians 5:21b (KJV)** of the which I tell you before, as I have also told you in time past, that they which do such things *habitually* shall not inherit the kingdom of God.

*\*Look to and learn from the example of God`s people entering into Idolatry and the punishment brought upon them by God:*

**1 Corinthians 10:1-11(NKJV)** Moreover, brethren, I do not want you to be unaware that all our fathers were under the cloud, all passed through the sea, <sup>2</sup> all were baptized into Moses in the cloud and in the sea, <sup>3</sup> all ate the same spiritual food, <sup>4</sup> and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that Rock was Christ. <sup>5</sup> But with most of them God was not well pleased, for *their bodies* were scattered in the wilderness. <sup>6</sup> Now these things became our examples, to the intent that we should not lust after evil things as they also lusted. <sup>7</sup> And do not become idolaters as *were* some of them. As it is written, “The people sat down to eat and drink, and rose up to play.” <sup>8</sup> Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell; <sup>9</sup> nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; <sup>10</sup> nor complain, as some of them also complained, and were destroyed by the destroyer. <sup>11</sup> Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.

*\*How can we break the cycle of sin of idolatry:*

**1Corinthians 10:14(AMP)** Therefore, my beloved, **run, flee and keep far, far away from any sort of idolatry**; love nothing more than God, dont participating in anything that leads to sin and enslaves the soul.

\*5<sup>th</sup> step in the cycle of sin: *My life becomes enslaved to serving these desires:*

**Proverbs 5:22(AMP)** <sup>22</sup> His own iniquities/*desires* shall **ensnare/enslave** the wicked man, and he shall be **held/bound** with the cords of his sin.

*\*God`s cords are cords of kindness tied with love and gently leading us away from bondage to righteousness.*

**Hosea 11:4 (EXB)**<sup>4</sup> I (God) led them *gently* with cords of a human kindness, with bonds/ties of love guiding them, And I was to them as one who lifts up *and* eases the yoke of the law (*bondage*) over their jaws; And I bent down to them and fed them.

*\*A pattern of allegiance or ritual/lifestyle to the idol sets in:*

**Psalms 40:12(ESV)** <sup>12</sup> For evils have encompassed/surrounded me beyond number; **my iniquities/desires have overtaken me**, and I cannot see *a way out*; they are more than the hairs of my head; my heart fails/forsakes me.

*\*Some examples of rituals performed in idolatry:*

**2 Kings 17:16-17 (NKJV)**<sup>16</sup> So they left all the commandments of the LORD their God, made for themselves a molded image *and* two calves, made a wooden image and worshiped all the host of heaven, and served Baal.<sup>17</sup> And they *sacrificed* their sons and daughters to pass through the fire, practiced witchcraft and soothsaying, and sold themselves to do evil in the sight of the LORD, to provoke Him to anger.

**Jeremiah 7:17-18 (NKJV)** <sup>17</sup> Do you not see what they do in the cities of Judah and in the streets of Jerusalem? <sup>18</sup> The children gather wood, the fathers kindle the fire, and the women knead dough, to make cakes for the queen of heaven; and *they* pour out drink offerings to other gods, that they may provoke Me to anger.

**Psalms 106:37-38 (KJV)** Yea, they sacrificed their sons and their daughters unto devils, And shed innocent blood, Even the blood of their sons and of their daughters, Whom they sacrificed unto the idols of Canaan: And the land was polluted with blood.

*\*God`s clear instruction to share nothing in any way, shape or form with idolatry:*

**1 Corinthians 10:20 (EXB)** But I say that what is sacrificed to idols is offered to demons, not to God. And I do not want you to share anything [be participants; share fellowship] with demons.

*\*What are some of the things we sacrifice to our idol of addiction?*

*\*God`s perspective on sacrifices:*

**Hosea 6:6 (AMP)** <sup>6</sup> For I (God) desire *and* delight in dutiful steadfast mercy love *and* goodness, not sacrifice, and the knowledge of *and* acquaintance with God; covenant relationship more than burnt offerings.

**Proverbs 21:3 (AMP)** <sup>3</sup> To do righteousness and justice is more acceptable to the Lord than sacrifice.

**Mark 12:33 (EXB)** One must love God with all his heart, all his mind, and all his strength. And one must love his neighbor as he loves himself. These commands are more important than all the animals burnt offerings and sacrifices we offer to God.

**Psalm 51:16-17 (NKJV)** <sup>16</sup> For You God, do not desire sacrifice, or else I would give *it*; You do not delight in burnt offering. <sup>17</sup> The sacrifices of God *are* a broken spirit, A broken and a contrite heart; These, O God, You will not despise.

**1 Samuel 15:22(NLT)** But Samuel replied, “What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to his voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams.

*\*What we should be sacrificing with God`s perspective in mind;*

**1 Peter 2:5 (AMP)** <sup>5</sup> You believers, like living stones, are being built up into a spiritual house for a holy *and* dedicated priesthood, to offer spiritual sacrifices that are acceptable *and* pleasing to God through Jesus Christ.

**Hebrews 13:15-16 (AMP)** <sup>15</sup> Through Jesus Christ, therefore, let us at all times offer up to God a sacrifice of praise, which is the fruit of lips that thankfully acknowledge *and* confess *and* glorify His name. <sup>16</sup> Do not neglect to do good, to contribute to the needy of the church as an expression of fellowship, for such sacrifices are always pleasing to God.

**Ephesians 5:2 (AMP)** <sup>2</sup> And walk in love, esteeming and delighting in one another as Christ loved us and gave Himself up for us, a slain offering and sacrifice to God for you, so that it became a sweet fragrance.

**Romans 12:1(AMP)** I appeal to you therefore, brethren, in view of all the mercies of God, to make a decisive dedication of your bodies presenting all your members and faculties, as a living sacrifice, holy devoted, consecrated and well pleasing to God, which is your reasonable service and spiritual worship.

*\*Are there any idolic rituals in your life?*

*\*The results of idol worship:*

**Psalm 16:4a(AMP)** <sup>4a</sup> The sorrows, pain and suffering of those who have chosen another god will be multiplied because of their idolatry;

**Psalm 115:8 (EASY)** The people that make idols will become useless like them. The same is true for everyone who trusts their idols to help them.

**Jonah 2:8 (AMP)** <sup>8</sup> “Those who regard, cling to and follow worthless idols Turn away from and forsake their living source of mercy and lovingkindness.

*\*6<sup>th</sup> step in the cycle of sin: I am locked into the way of life of idolatry:*

**Isaiah 44:20 (AMP)** That kind of person; the idolator, feeds on ashes and finds his satisfaction in ashes! A deluded mind has led him astray (and locked him in), so that he cannot release and save himself, or ask, Is not this idol I am holding in my right hand a lie?

*\*7<sup>th</sup> step in the cycle of sin: I am a slave of idolatry:*

**Romans 6:16 (ERV)** Surely you know that you become the slaves of whatever you habitually/continually give yourselves over to. Anything or anyone you habitually/continually follow will be your master. You can be a slave to follow sin, or you can be a slave to obey God. Following sin brings spiritual death, but obeying God makes you right with him.

*\*8<sup>th</sup> step in the cycle of sin: Separation from God “DEATH”*

**James 1:15-16 (NKJV)** <sup>15</sup> Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.

**Romans 6:23 (NKJV)** <sup>23</sup> For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

*\*Those that die in their sins separated from God not only die once physically....*

**Hebrews 9:23 (NKJV)** And as it is appointed for men to die once, but after this the judgment.

*\*And those that die in their sins separated from God die a second spiritual death in God`s judgement for sin and are eternally separated from God:*

**Revelation 21:8 (NKJV) <sup>8</sup> But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death.”**

*Questions for reflection:*

- 1. Read James 1:22-25. In order to have victory over sin, what does this passage say?**
- 2. Read John 8:34-36. What does Jesus call a person who commits sin and how can this person become free? What happens to the person that comes to Jesus?**
- 3. For a Christian who feels they are living in defeat over their sin, what does Philippians 4:13 promise?**
- 4. According to Psalm 1:1, what are the three actions that lead to sin?**
- 5. According to Psalm 1:2-3, what is the remedy and blessing for resisting sin?**
- 6. Is sin an accident, an involuntary action, or a choice? Explain your answer.**
- 7. What are the wages of sin? What does this mean to you?**