

## How do I stop sinning?

### The problem is always sin.

#### 1. Is my sin warping my thinking?

*...you must no longer walk as the Gentiles do, in the futility of their minds.  
Ephesians 4:17 (ESV)*

#### 2. Is my sin darkening my mind?

*They are darkened in their understanding... Ephesians 4:18 (ESV)*

#### 3. Is my sin separating me from God?

*...alienated from the life of God... Ephesians 4:18 (ESV)*

#### 4. Is my sin blinding me to its consequences?

*...God because of the ignorance that is in them... Ephesians 4:18 (ESV)*

#### 5. Is my sin giving me a hard heart toward God and others?

*...due to their hardness of heart. Ephesians 4:18 (ESV)*

#### 6. Is my sin leaving me insensitive to the pain I am causing God and others?

*They have become callous... Ephesians 4:19 (ESV)*

#### 7. Has my sin led me to lose control?

*...have given themselves up to sensuality, greedy to practice every kind of impurity. Ephesians 4:19 (ESV)*

### The solution is always Jesus.

*But that is not the way you learned Christ!— Ephesians 4:20 (ESV)*

#### 1. Do I know Jesus?

*assuming that you have heard about him... Ephesians 4:21 (ESV)*

#### 2. Am I growing in Jesus?

*...and were taught in him, as the truth is in Jesus, Ephesians 4:21 (ESV)*

3. Am I letting go of my old lifestyle that leads me toward sin and replacing it with a new lifestyle that leads me toward Jesus?

*to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:22-24 (ESV)*

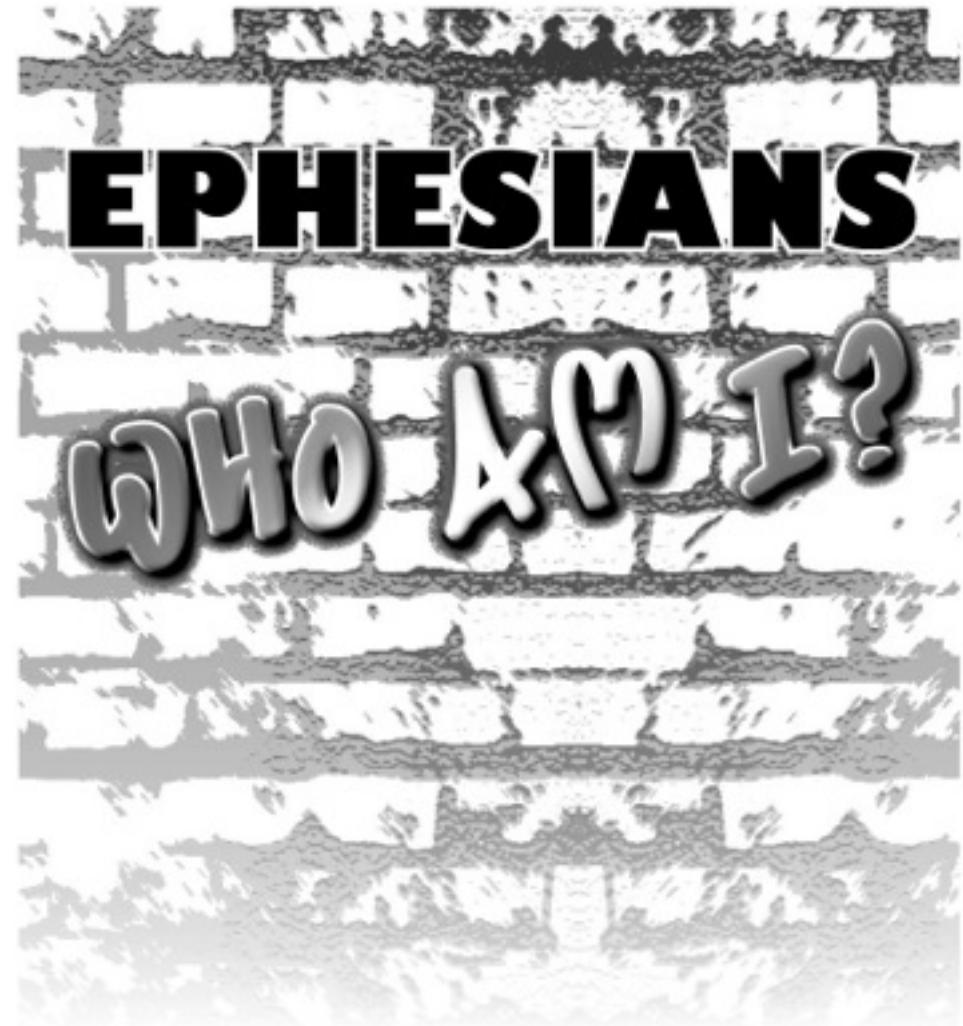
4. Am I letting go of a lifestyle that leads me toward an ineffective life and replacing it with a lifestyle that leads me toward a productive life for Jesus?

*making the best use of the time, because the days are evil. Ephesians 5:16 (ESV)*

*For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. 2 Peter 1:8 (ESV)*

## Conclusion

1. **Spend time enjoying Jesus.** We can't pursue sin and Christ at the same time. Heading toward one will always take us away from the other.
2. **Change my lifestyle.** Am I letting go of a lifestyle that is leading me toward sin and replacing it with a lifestyle that is leading me toward Jesus? Am I letting go of a lifestyle that leads me to be ineffective and replacing it with a lifestyle that leads me towards the good works God planned for me to do?



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