

**WOMEN4TRUTH**  
**Women in Full Armor: Fighting Life Dominating Sins**  
Jamie Siegele

**Life-Dominating Sins:**

Sin that affects many, if not every area of a person's life.

Ed Welch

*"... bondage to the rule of a substance, activity, or state of mind, which then becomes the center of life, defending itself from the truth so that even bad consequences don't bring repentance...."*

**Our Enemies In The Battle:**

**The world:** The sinful society in which we live.

**Satan:** The god of this world. A liar and mastermind and strategist behind all of the temptations of the world. 1 Peter 5:8

His target: Christ - Heb. 2:15-15, Matt. 2:16-18, Matt. 4:1-11

Believers - Rev. 12:10

**ARMOR:** Ephesians 6:10-19

Combat Equipment:

1. The belt of truthfulness
2. The breastplate of righteousness
3. The shoes of the gospel of peace
4. The shield of faith
5. The helmet of salvation

"Man shall not live by bread alone, but by every word that proceeds out of the mouth of God"  
[Matthew 4:4].

**The heart is:**

The wellspring of life: Prov. 4:23

Jer. 17:9 - 10

Unsearchable:

Deceitful: Matthew 15:18

Proverbs 28:26

Command central. It's where our thoughts, motives, desires, affections spring from.

*"...The whole soul of man and all the faculties of it"* John Owen

**Sin is:**

*"Sin is a principle or moral force in our heart, our inner being. Our sinful actions, words, and thoughts are simply expressions of the principle of sin residing within us, even in those of us whose hearts have been renewed. The apostle Paul calls this principle the flesh (or sinful nature in some Bible translations). This principle, called the flesh, is such a reality that Paul sometimes personifies it (see, for example, Romans 7:8-11; Gal. 5:17)"* Jerry Bridges

Rebellion: 1 John 3:4

Against God: Psalm 51:4

Perversion:

Emptiness: In the long run it doesn't fulfill.

Getting lost: It's doing the exact opposite of what God wants us to do. Doing what God hates.

Unbelief: John 3:18

A liar:

*"Deception is part of sin's DNA. Sin lies to us. It seeks to convince us that sin brings only pleasure, that it carries no consequences, and that no one will discover it. Sin works hard to make us forget that character, conduct, and consequences are interconnected. And when we neglect this relationship – when we think our sins will not be discovered – we ultimately mock God."* CJ Mahaney

A Hunter:

*"We've all experienced it; Sin lies to us. We take the bait. And then sin begins to hunt us. One commentator on Proverbs articulated this truth like this: 'The irony of a life of rebellion is that we begin by pursuing sin...and end up being pursued by it!...You can be sure your sin will find you out' (Num. 32:23...) In other words, sin comes back to hunt us."* C.J. Mahaney

Gratifies Satan:

*"When lust or anger burn in the soul, Satan warms himself at the fire. Men's sins feast the devil...How he laughs to see people giving up their souls for the world, as if one should trade diamonds for straws..."* Thomas Watson.

**Sin wages war against our soul!  
Our Battle is at the heart level.**

*"Only by seeing our sin do we come to see the need for and wonder of grace. But exposing sin is not the same thing as unveiling and applying grace. We must be familiar with and exponents of its multifaceted power, and know how to apply it to a variety of spiritual conditions. Truth to tell, exposing sin is easier than applying grace; for, alas, we are more intimate with the former than we sometimes are with the latter. Therein lies our weakness."*  
Sinclair Ferguson

**In this Battle What do we need to know?  
"Central Intelligence"**

First and Most: The Gospel Declarations! Eph. 1-3, Romans 1-11  
1 Cor. 15:3-4, Romans 3:23, Romans 6:23, Romans 5:8, 1 Peter, 2:24, Romans  
10:9, John 1:12, Philippians 2:5-11  
The truth! From the Word of God! John 17:17  
His Promises: 2 Peter 1:3-13

## Romans Chapter 6

Intro:

Two Realities:

- 1) You've been united with Christ: You've died, been baptized, buried and raised with Christ and are united with Him...so now you can walk in newness of life!
- 2) There is still residual sin in all believers.

**Biblical Hope:** Confidence and certainty of God's promises!

Romans 6:11 "even so consider yourselves to be dead to sin, but alive to God in Christ Jesus"

Romans 5:21 "...sin reigned in death, grace also might reign through righteousness leading to eternal life through Jesus Christ our Lord."

Grace: God's unmerited favor to those who deserve only His wrath.

*"Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you are beyond the need of God's grace."* Jerry Bridges

## **In your battle with sin:**

### **1. Don't give up...don't surrender to your enemy.**

*Romans 6:12 "Therefore do not let sin reign in your mortal body so that you obey its lusts,"*

*"It is the belief in this truth that will give us the courage not to let sin reign in our mortal bodies. And it is through reliance upon this truth that we will experience the power of His Spirit, who dwells within us to enable us to resist the motions of sin so that it is not able to reign in us." Jerry Bridges*

As a Christian you are free from sin's penalty, free from sin's power but not free from sin's presence.

### **2. Don't let your enemy have your weapons. Romans 6:13**

Members: Not just physical body. Also, your mind, affections, emotions and will.

### 3. Present yourself to God, Romans 6:13

You can't serve two masters. Matthew 6:24

There is a contrast in masters:

Old Master - sin: Bent on your destruction.

New Master - God: For His glory – our good and for the benefit of His people.

2 Cor. 5:14-15

### **What we believe about our identity in Christ is so important in our battle with sin!**

What does presenting yourself to God as those alive from the dead look like?

1. Our allegiance has changed. Loyalty to our new King.
2. Priorities change. What we value becomes shaped by what is important to me.
3. We take on God's perspective. His eternal view of things. What God wants is what I want. To see sin the way God sees it.
4. To love what God loves. To despise what God does. **To find joy there!**

Eph. 4:22-24 "You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires, to be made new in the attitude of your minds and to put on the new self, created to be like God in true righteousness and holiness."

Romans 6:14 “For sin shall not be master over you, for you are not under law but under grace.”

Grace:

Forgives Sin

Overcomes Sin

Removes Sin

Trains us to deny ungodliness. (Titus 2:11-12)

Law: The law does not have the power to transform.

*“Live the Christian life and do battle with sin thinking about verse 14 – as under grace – not under law. Let grace be the prevailing principle in your present battle with sin.” Smedley Yates*

*“We fight sin in an under grace way, which means we always come back first and most to grace realities. Lead one another to them, and we fight sin there...first and most. The key feature in your battle against sin is thankfulness to God, for what He has done. One of the first steps in defeating indwelling sin in your life is to drop to your knees and to say thank you God. I was a slave of sin, I’m not any more....” Scott Maxwell*

*This is not a surface battle as if you could just say no to a list of unrighteous acts. The battle is far deeper than that. It goes beneath acts to desires. And it goes beneath desires to the power of sin. And it goes beneath the power of sin to union with Christ. And it goes beneath union with Christ to what Christ did in history on the cross for us, and what happened to us in him.*

*And the big issue is not just what acts you do or don’t do or what desires you give in to and which you don’t. The big issue is who is king? Who reigns? That is the issue ...who is your King? Who reigns in your life? Who are you submitting to? Sin or God?*

*Let it be God through Jesus Christ! Christ has made it possible for sinners to surrender to God with complete amnesty and all rebellion forgiven. Trust Christ and hand yourselves over to God. John Piper*

*...while depending on the Holy Spirit, we must at the same time recognize our responsibility to diligently pursue all practical steps for dealing with our sins. I know that keeping both truths*

*- that is, our dependence and our responsibility – equally in mind is difficult. Our tendency is to emphasize one to the neglect of the other. Here the wisdom of some of the older writers will help us: ‘Work as if it all depends on you, and yet trust as if you did not work at all.’”* Jerry Bridges

## **Battle Plan:**

- Pray that God would reveal your unbelief and idolatry to you.
- Prayerfully meditate on Scripture and ask God to apply it to you. Only the Word of God is able to “discern” the thoughts and intentions of the heart (Heb. 4:12).
- Confess any unbelief or idolatry that you’re aware of. Instead of trying to hide or deny idolatry or unbelief, flee to the cross! Your Savior has already borne these sins in your place. He has paid the penalty for them and his resurrection breaks their power in your life. (1John 1:9)
- Ask God to make himself your chief joy. (Ps. 37:4)
- Think back to the last time you know you sinned and ask yourself:
  - o What did I think would make me happier than what I had?
  - o What do I believe that there is happiness in attaining this?
  - o What makes me most afraid, angry, worried, sad? Why?
  - o What is the lie that I am believing about God, myself, my happiness?
  - o What do you boast about?

This is a good exercise particularly when you know you’re struggling with some thorny sin that you can’t seem to understand or conquer. At the heart of every one of our sanctification problems are false worship and lies about the source of real happiness.

- Meditate on God’s goodness to you in the gospel. Review the gospel declarations. What is he like? What has he already done for you? What

does his love mean to you? What does this teach you about where real happiness resides?

- Invite others to speak into your life and help you see your sin, particularly your unbelief and idolatry. None of us see ourselves as we are; that's one reason why the Lord has placed us in his body the church.
- Prayerfully make a plan of how to respond to gospel obligations the next time you're tempted to sin.

***From: Because He Loves Me (Pg. 136-137) – Elyse Fitzpatrick***

When those you love are entangled in Life Dominating Sins:

**NOTE:** For those who are physically “addicted” to drugs or alcohol, or those with severe eating disorders like anorexia, it is **very** important to be under medical supervision. It can be very dangerous physically to detox without the supervision of a physician or to just start eating again if the body hasn't had food in a long time.