**Study Series: Truth and Lies**

Author: Tim Chaddick

**Lesson Title: “Killing Sin” (pp. 54 - 64)**

January 3, 2021 Session 05

**The main point of this lesson is:** Believers must be aggressive, intentional, and consistent in their war against personal sin.

Focus on this goal: To help adults identify strategies they will use in waging war against sin to keep their minds focused on God.

Key Bible Passages: Romans 8:12-14

Before the Session

1. **Secure items** a person might include in a storm emergency kit specific to your area. (Step 1)
2. **Pre-enlist a volunteer** to present information about practice habits of elite athletes. (Step 4)

During the Session

**Step 1. Introduction / Discussion Starter**

As the group arrives, **call attention** to items a person might include in a storm emergency kit.

**Invite volunteers to suggest** other items they might include.

**Guide the group** to determine their level of preparedness for a storm.

**Ask:** What might cause a person to be complacent about the need for preparing for a storm?

**Emphasize** the importance of being prepared.

**Compare** being prepared for a storm to being prepared to face temptations.

**Step 2. Day One – Prepared, Steady, Precise**

**Refer** to the second paragraph under Day One (p. 54; “We have an enemy ….”).

**Point out** that the author called on believers to go on the offensive against Satan, **pointing** to 1 Corinthians 16:13 and Matthew 26:41.

**Ask the group** to identify the difference between taking an offensive position as opposed to a defensive position against temptation.

**Call attention** to activity 2 on page 55, **inviting volunteers** to share responses.

**Challenge the group** to reevaluate the need to be more aggressive when preparing to face temptation.

**Step 3. Day Two – New Obligation**

**Call on a volunteer to read** aloud Galatians 6:8.

Direct the group to highlight the second paragraph that follows activity 1 for Day Two (p. 56; “Because of what God ….”), calling particular attention to the two ways to live.

On a board or large piece of paper, **create a chart** using the headings the flesh and the Spirit.

**Lead the group** to call out evidence that a person is living in the flesh or living in the Spirit, listing the responses under the appropriate headings.

**Quote** James 4:4 and **write** down the middle of the chart the phrase no neutral ground.

**Direct the group** to record their responses to activity 2 (p. 56), assuring them they will not be asked to share their responses.

**Pointing** to the chart, **challenge the group** to determine the steps they need to take to more clearly be living in the Spirit and not in the flesh.

**Step 4. Day Three – Pursuing a Spiritually Disciplined Life**

**Invite a volunteer to present** their findings about practice habits of elite athletes.

**Note** that the author compared the discipline required for the believer to that of an elite basketball player (Day Three, page 57).

**Summarize** the third and fourth paragraphs on page 57.

**Call attention** to the margin/pull quote on page 58 (“If we don’t kill sin, it will kill us”).

**Invite volunteers to share** their response to the statement.

**Use comments** under Day Three (pp. 58-59) to foster discussion.

**Emphasize** the seriousness of sin.

**Ask:** When have you believed Satan’s lies about minimizing sin? (**See** activity 2, p. 58.)

**Call attention** to “the flesh” listing on the chart created in step 3.

**Ask:** What are the dangers of minimizing the impact of sin or living in the flesh?

**Propose** that how we move from living in the flesh to more fully living in the Spirit is by pursuing spiritual disciplines.

**Call attention** to the list of disciplines on the top of page 59.

**Ask:** What is absent from your personal practices that should be added to foster your spiritual growth? (See activity 3, p. 59.)

**Explain** that spiritual disciplines give God an opportunity to do His work in us.

**Step 5. Day Four – Know Your Enemy**

**Explain** that Satan will continue to hurl false accusations at you.

**Point** to the illustration about Adolf Beck and him being falsely accused of crimes he did not commit (see Day Four, pp. 59-60).

**Allow volunteers to share** about the emotions of being falsely accused.

**Call attention** to the author’s emphasis on our own hearts trying to deceive us (pp. 60-61).

**Call for the group to share** their response to activities 2 and 3 under Day Four (p. 61).

**Call attention** to the final paragraph that follows activity 3 for Day Four.

**Highlight** the two passages identified; Psalm 139:23 and Romans 8:1 (p. 62).

**Challenge the group** to memorize these passages.

**If time permits**, spend a few minutes working on memorizing them now.

**Step 6. Day Five – Final Matters**

**Create three teams**, **assigning** each team one of the headings in Day Five (Wage War, A Relentless Pursuit, and Patterns).

**Direct each team** to review their assigned section and prepare a one sentence summary or principle.

**Call for** a representative from each group to share.

**Step 7. Live Out the Lesson**

**Point** to the chart created in step 3.

**Read** Romans 8:12-14.

**Ask:** How does this passage demonstrate the truth we illustrated with our chart?

**Lead the group** to record their response to activity 3 under Day Five (p. 64).

**Challenge participants** to seek to more fully live in the Spirit by utilizing the new strategies they listed.

**Close in prayer.**