

Date: October 6 & 7, 2007
Text: Hebrews 12:12-13
Topic: Sin. Habits.
Study: Hebrews
Week: 63
Series: 5 of 8
CD #: 07-29

part 5
Our Fight with Sin
Breaking Recurring Patterns



Hebrews 12:12-13

¹² Therefore, strengthen your feeble arms and weak knees.

¹³ "Make level paths for your feet," so that the lame may not be disabled, but rather healed. (NIV)

1. Get _____ (v.12)



2. Steer _____ (v.13a)

3. Contemplate _____ (v.13b)



Application Questions

These questions are provided for your further study and application of today's sermon. Thoughtfully writing out the answers to these questions will help to drive home the point of today's study. It is also helpful when you are able to discuss your answers with others.

1. What are some of the mental excuses we use to rationalize our entanglement in recurring patterns of sin?

What makes falling into the same sin on the tenth time easier than the first time?

2. Think back to when you gave in to temptation. What were some of the specific spiritual weaknesses that made that fall possible?

Read **Ephesians 6:13-18**. Describe how some of the listed spiritual disciplines in this passage help to bolster your defense against sin?

3. Who are the Christian friends in your life that help you to avoid sin? How does their relationship help?

4. What are some avenues of temptation that need to be shut down in your life?

5. What are some of the specific concerns you have about God taking his parental discipline to the next level if you don't engage in the fight against "the sin that so easily entangles you" more seriously?

Read Through the Bible in a Year

Here's this week's schedule:

October 7th

Jer. 13-14 & Eph. 4

October 8th

Jer. 15-16 & Eph. 5

October 9th

Jer. 17-18 & Eph. 6

October 10th

Jer. 19-20 & Phil. 1

October 11th

Jer. 21-22 & Phil. 2

October 12th

Jer. 23-24 & Phil. 3

October 13th

Jer. 25-26 & Phil. 4

October 14th

Jer. 27-28 & Col. 1

Here is a list of other CDs available from past sermons which may assist you in your further study of today's message.

CD # 0720 – **Courage to Do the Right Thing**

CD # 0667 – **Being Totally Honest About Your Sin**

CD # 0663 – **The Sin Problem and Our Problem with Sin**

CD # 0702 – **A Closer Relationship with God: Motivated by Real Christian Friends**

CD # 0608 – **Koinonia: What it Means to "Share Together" in Christ**

Here are some resources that will assist you in a deeper study of the truths presented in this week's sermon.

(To see other recommendations by Pastor Mike related to this and other topics go to www.CompassBooks.org.)

Adams, Jay. **Godliness Through Discipline**. P & R Publishing, 1999.

Bridges, Jerry. **The Disciplines of Grace: God's Role & Our Role in the Pursuit of Holiness**. NavPress, 2006.

Carty, Jay. **Counter Attack: Taking Back Ground Lost to Sin**. Third Edition. Yes Ministries, 1988.

Lundgaard, Kris. **The Enemy Within: Straight Talk About the Power and Defeat of Sin**. P & R Publishing, 1998.

Mahaney, C. J. and Robin Boisvert. **How Can I Change? Victory in the Struggle Against Sin**. Sovereign Grace, 1996.

Needham, David. **Alive for the First Time: A Fresh Look at the New Birth Miracle**. Multnomah Press, 1995.

Owen, John. **Overcoming Sin & Temptation**. Crossway Books, 2006.

Packer, J. I. **Rediscovering Holiness**. Servant Publications, 1999.

Peterson, David. **Possessed by God: A New Testament Theology of Sanctification and Holiness**. InterVarsity, 2001.

Reed, Gerard. **C. S. Lewis Explores Vice and Virtue**. Beacon Hill Press, 2001.

Venning, Ralph. **The Sinfulness of Sin**. Reprint. Banner of Truth, 1997.

Whitney, Donald S. **Spiritual Disciplines Within the Church: Participating Fully in the Body of Christ**. Moody, 1996.