



Just Do It!

Lesson 9

"Be killing sin, or sin will be killing you." – John Owen

Transformed More & More into the Image of Christ!

- **Keep in step with the Spirit:** *Renew your mind so you can submit to the Spirit's leading moment-by-moment.*
- **Replace and renew:** *Replace the Old Man with the New Man as you renew your mind with God's Word.*
- **Live the crucified life:** *Knowing, reckoning, and yielding to the reality of our baptism into Christ Jesus.*
- **Focus on God's purpose:** *The Father's presence with you to transform you into the image of His Son by His Spirit!*
- **Put your past where it belongs:** *Behind you once for all under the blood of Christ!*
- **Accept the ground rules:** *God is good, you are responsible for your sin, deliverance is possible in Christ!*
- **Acknowledge the spiritual battle:** *Satan's temptations and God's testings.*

I Be Killing Sin!

Now What?

Just **DO** It...No Matter How You Feel!

1. PUTTING Feelings in Perspective.

- God **CREATED** our emotions.

God Made Us in His Image! *Genesis 1:26*

1. God the **SON** – *John 11:35; Isaiah 53:3; Matthew 25:21; John 15:11*
2. God the **SPIRIT** – *Ephesians 4:30; Galatians 5:22*
3. God the **FATHER** – *Genesis 6:6; 1 John 4:8; Psalm 5:5; 11:5; Zephaniah 3:17; Jeremiah 32:41*

Stop to SELAH!

"Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow." James 1:17

Two Truths Concerning God and Emotions:

1. Our triune God **UNDERSTANDS** our emotions, because He created us with this capacity.
2. Our triune God **NEVER** changes and His emotions continually flow from His holy perfection.

- Sin has **DISTORTED** our emotions.

1. The flesh will **MISDIRECT** our feelings. *Galatians 5:17, 19-21; 2 Timothy 3:2-5*
2. The devil will **TEMPT** us with our feelings. *Genesis 3:6; Matthew 4:2-3*
3. The world will **EXPLOIT** our feelings. *1 John 2:15-17; Ephesians 5:3-4*

- Believers can **CHOOSE** to not live by their emotions.

Right **THINKING**



Right **LIVING**



Right **FEELING**

Know/Reckon

Yield

Feel

Growing disciples who are killing sin choose to become character based versus emotion based!

The Emotion Based Person

- 1) Convenience motivated
- 2) Does what is easiest
- 3) When I feel good, I will do it
- 4) Controlled by moods
- 5) Selfish mindset
- 6) Lips and life don't agree
- 7) Looks for excuses
- 8) Externally influenced
- 9) Quits during tough times
- 10) Whiners

The Character Based Person

- 1) Commitment motivated
- 2) Does what is right
- 3) When I do it, I will feel good
- 4) Controlled by priorities
- 5) Servant mindset
- 6) Lips and life do agree
- 7) Looks for solutions
- 8) Internally influenced
- 9) Continues during tough times
- 10) Winners

2. PITFALLS of Choosing to Live by Your Feelings.

- An invitation to **DISOBEY** God and His Word.
- Leads you to **BASE** your doctrine on feelings.

Two Common Reasons

1. Personal **SIN**.
2. Profound **SUFFERING**

- Develops the sin of **PROCRASTINATION** in your life.
- Results in a life of **SPIRITUAL DEFEAT** and depression.

3. Just Do It...Even When You Don't Feel Like It!

- **ADMIT** your feelings to God. *Matthew 26:37-39*
- **ASK** for others to pray for you and with you. *Matthew 26:38*
- **AFFIRM** that the Father's acceptance of you is not based on how you feel but faith in the facts of God's Word. *Romans 8:31-39*
- **ANTICIPATE** the blessings that will follow obedience. *Hebrews 12:2*
- **ACT** in obedience by faith. *Hebrews 11:6*
- **ACKNOWLEDGE** God's goodness and grace despite circumstance and feelings. *Philippians 4:11-12*

"No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it."
1 Corinthians 10:13