

## Safeguard Yourself Against Sin

This teaching is based on the passage of Proverbs 7:6-23 which deals with the young foolish man and the enticement of sin. How do I safeguard myself against sin and its seduction? The following 7 steps will help you resist and overcome sin's entrapment.



### 1. Consider the explicit consequences of the temptation.

In the end what will it bring? Is it worth it?

You need to discern well the ramifications of the action you are about to take and

where it is going to lead you. Don't be like the simple young man who lacked discernment (Prov. 7:7).

Proverbs 2:11-12 *"Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked people, from people whose words are perverse."*

### 2. Don't expose yourself to a situation where you know you will be tempted.

Stand on your guard! Avoid anything which will cause you to be easily persuaded to sin.

Psalms 101:3 *"I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me."*

Walk away, and leave the place or situation which will cause you to fall in sin.

Proverbs 4:25-27, *"Let your eyes look straight ahead; fix your gaze directly before you. <sup>26</sup> Give careful thought to the paths for your feet and be steadfast in all your ways. <sup>27</sup> Do not turn to the right or the left; keep your foot from evil."*

2 Tim. 2:22 *"Flee the evil desires of youth and pursue righteousness."*

### 3. Expose the deeds of darkness

Ephesians 5:11-12, *"Have nothing to do with the fruitless deeds of darkness, but rather expose them. For it is shameful even to mention what the disobedient do in secret."*

In faith speak directly to the tempting sin. For instance if it is lust say, "I come against the spirit of lust in Jesus name; I will honour God with my body." If it is lying say, "I come against the spirit of lying in Jesus name; it will have no part of me."

Also we can expose those deeds through Scripture. The deeds of darkness are mentioned in Galatians 5:19-21, *"The acts of the flesh are obvious: sexual immorality, impurity and sensuality; <sup>20</sup> idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions <sup>21</sup> and envy; drunkenness, orgies, and the like..."* Come against these deeds of the flesh.

Romans 10:8 says, *"But what does it say? 'The word is near you; it is in your mouth and in your heart,' that is, the message concerning faith that we proclaim..."* Speak the word of God against the sin in your life.

### 4. If the temptation is strong focus on God's word and pray

Take the sword of God's Word and fight! Memorize and recite Scripture.

Psalms 119:11 *"Your word have I hid in my heart that I may not sin against you."*

Romans 12:2 *"Be continually transformed by the renewing of your mind"* (mind is renewed by God's word).

When Christ was tempted He took the sword (the Word of God) against Satan's temptations (Matthew 4:1-11).

Passive resistance is not enough, you need to engage in battle and take the sword of God's Word and be aggressive. The Christian armor is for defensive purposes but the sword is for offensive purposes (Ephesians 6:10-18).

Also watch and pray. Jesus said, *"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak"* (Matthew 26:41).

### **5. Call upon the Lord and acknowledge His presence.**

Start to focus on praise and worship. Invite the presence of God by praising and worshipping Him. Remind yourself of His closeness and contemplate His presence in and around you.

1 John 4:4, *"Greater is He that is in you than he that is in the world."*

Isaiah 55:6, *"Call upon Him while He is near."*

### **6. If you fall into temptation go immediately to God in confession and repentance.**

Run to God for forgiveness! 1 John 2:1, *"My dear Children I write this to you so that you may not sin. But if anybody does sin, we have one who speaks to the Father in our defense - Jesus Christ."*

1 John 1:9, *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*

### **7. Share your personal struggle with someone close to you - a mature Christian or mentor.**

Be accountable to someone! We need someone to be accountable to; someone who will watch with us and pray with us.

Proverbs 27:17, *"As iron sharpens iron, so one person sharpens another."*

Galatians 6:1-2, *"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you may be tempted. Carry each other's burdens..."*

### **Conclusion**

Some believers at times wonder if they are truly saved if they struggle constantly with sin. Let me say that all of us struggle continually with sinful thoughts, sinful attitudes, habits, and desires. It is those who don't struggle—those who deliberately and eagerly revel in their sin—who need to have their sense of security shaken. So don't give up in defeat if you find yourself struggling with sin or even if you fall into it.

#### ***Stay in the battle!!***

Fight sin by considering deeply what makes you more vulnerable to it, and then establish godly practices in its place. You may find you need to have accountability with a godly person you trust.

Do whatever it takes to discipline yourself and stop any pattern of sin before it gets started again. That is the key to staying away from sin—the constant, daily practice of thinking on the right things and not making provision for the flesh and its desires (Romans 13:14).

REMEMBER: 1 Corinthians 10:13

*"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."*

### **Helpful websites**

Struggle with porn: [www.just1clickaway.org](http://www.just1clickaway.org)

Marriage issues: [www.marriagebuilders.com](http://www.marriagebuilders.com)

Personal issues: [www.brokenbelievers.com](http://www.brokenbelievers.com)

Struggle with sin: [www.waynestiles.com/christians-struggling-with-sin-and-4-lies-we-believe](http://www.waynestiles.com/christians-struggling-with-sin-and-4-lies-we-believe)