



Freedom from Defeat

Adapted from “Freedom from Condemnation” series by Brett Allen.

The author of Hebrews says that we are called to resist sin, which so easily besets us, and we are further commanded to make every effort to avoid ungodliness. The question is, how do we escape, avoid, or conquer sinfulness in our lives? We may earnestly want to be perfect and righteous, but we all know that mistakes and failures are a given. How frustrating!

If your desire to live righteously before God is genuine and from the heart, you’re 90 percent there.

“The reason we continue with these pockets of repeated sins is because we have a heartfelt desire to continue them, not because we have a heartfelt desire to stop them. I wonder how honest our commitment is to quit. There’s a tendency for us to kid ourselves about this anytime we embrace a pet

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sin. We need to face the fact that we commit the sin because we want to do that sin more than we want to obey Christ at that moment. That doesn't mean that we have no desire to escape from it, but the level of our desire vacillates. It's easy to go on a diet after a banquet; it's hard to stay on a diet if you haven't eaten all day. That's what happens particularly with habitual sins that involve physical or sensual appetites. The ebb and flow of the desire is augmented and diminished. It increases and fades. Our resolve to repent is great when our appetites have been satiated, but when they're not, we have a growing attraction to practice whatever the particular sins may be."¹

You might struggle with the frustrated feeling that it is pointless to strive for perfection and holiness when you know it is impossible to achieve in this fallen, sinful body. But the Spirit of God can still does help you defeat and reject habitual sin. It is not God's plan for you to live in a disappointing, frustrating cycle of occasional victory, followed by crushing defeat, and then back to occasional

¹ R.C. Sproul, "Habitual Sins and Failures – The Ones That Won't Go Away," *The Counseling Moment*, June 12, 2016, <https://thecounselingmoment.wordpress.com/2016/06/12/habitual-sins-failures-the-ones-that-wont-go-away/> (accessed July 20, 2017).

victory. Through the Holy Spirit's power and guidance, and with a genuine heart of repentance, you can live in victory...free from condemnation!

COURAGE Level Questions

Exercise #1: Read and answer the following.

Romans 8:1 (ESV) There is therefore now no condemnation for those who are in Christ Jesus.

C1: What do you understand this verse to mean?

Exercise #2: On a scale of 1-4 with 1 being *very well* and 4 being *not very well*, rate yourself on how well you live your life free from condemnation.

My rating:

Now, write out a plan to improve.

Exercise #3: In the book of Joshua, we see examples of God's plan to help a man move from victory to victory. Describe your spiritual journey and how you are, or are not, moving "from victory to victory."

STRENGTH Level Questions

Exercise #1: Read and answer the following.

Romans 8:5–17 (ESV)

S1: From these verses, describe the three levels of life.

S2: On which level do you live currently? Why?

Exercise #2: Paul is contrasting the differences between *saved* and *unsaved*. Read and answer the following.

Romans 8:5–8 (ESV)

S3: From these verses, what are the four differences Paul gives between saved and unsaved?

1.

2.

3.

4.

Exercise #3: After a brief time of prayer and meditation over these verses, describe your current spiritual journey and how you would use it to help point another man to Jesus.

Exercise #4: The carnal mind is strongly warned and the spiritual mind is assured and comforted. Read and answer the following.

Philippians 4:8–9 (ESV)

S4: From these verses, where is the battle being fought in our life about condemnation and defeat?

Exercise #5: On a scale of 1-4 with 1 being *very well* and 4 being *not very well*, how well do you exemplify the truths of Philippians 4:8?

My rating:

Now, write a plan to improve your thought life.

ENDURANCE Level Questions

Exercise #1: Paul hands men a huge key to being and feeling free from the nagging pain of defeat. Read and answer the following.

Romans 8:9–11 (ESV)

Galatians 2:20 (ES)

E1: From these verses, what can you learn about walking free from feelings of defeat?

E2: What are four things Paul declares about God within the believer and the believer within God?

1.

2.

3.

4.

E3: Why does this matter to our daily walk?

Exercise #2: It is one thing that the Spirit of God would look at you and agree to live in you, but to understand that the Spirit of God has laid hold of you so there can be victory in your life is something else. Read and answer the following.

Romans 8:1–13 (ESV)

E4: From these verses, list six ways in which believers are **NOT** in debt to the sinful flesh.

1.

2.

3.

4.

5.

6.

7.

Now, list seven ways in which believers **ARE** in debt to the Spirit.

1.

2.

3.

4.

5.

6.

7.

Exercise #3: On a scale of 1-4, with 1 being *“In debt to the Spirit”* and 4 being *“In debt to the flesh,”* rate yourself on where your Christian walk is right now.

My rating:

Now, write out a plan to improve.

Exercise #4: Read and answer the following.

Romans 8:5–17 (ESV)

E5: What comes to mind when you see the word *adoption*?

Exercise #5: Look up in a Bible dictionary the word *adoption*.

E6: How does this definition differ from your answer in question E5?

E7: If you are *adopted* as an adult child, how does this change your Christian walk?