

FREEDOM FROM SHAME

A. What is Sin and Where Did it Originate

1. Psalm 51:5 "Behold, I was shapen in iniquity; and in sin did my mother conceive me." According to the Bible, we know that we were born in sin. Romans 5:12 "wherefore as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned."

1 John 3:4 "Whosoever committeth sin transgresseth also the law; for sin is the transgression of the law."

Psalm 19:13 "Keep back thy servant also from presumptuous sins..."

Romans 4:15 "...For where no law is, there is no transgression."

2. Old Testament and New Testament Laws

(a) O. T. Exodus 20 – the ten commandments – thou shalt not kill, steal, lie etc.

(b) New Testament – stealing – Ephesians 4:28; sexual immorality including homosexuality Romans 1:24-29; I Corinthians 6:18 – fornication which is sex outside of marriage; Mark 10:19 – Jesus lists some of the 10 commandments.

B. What is Not Regarded as Sin

1. Your thoughts
2. Your temptations
3. Your desires

C. Desires, Lust and Covetousness

1. Lust – Wrongful, intense desires without the regard for the rights of others
2. Covetousness – To have a strong relentless desire and longing for something or someone that belongs to another.

D. How Does a Christian Overcome Lust

1. Galatians 5:16 "... walk in the Spirit, and you shall not fulfill the lusts of the flesh." We are flesh and we have the Spirit – the Holy Ghost.
2. Romans 6:12,13,14 "Let not sin therefore reign in your mortal body, that you should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin, but yield yourselves unto God...and your members as instruments of righteousness unto God. For sin shall not have dominion over you..."

E. How To Repent and Receive Forgiveness

- 1. Recognize and admit that you have sinned.**
- 2. Be sorrowful for your sins.**
- 3. Forsake your sins.**
- 4. Confess your sins to God.**
- 5. Make restitution.**
- 6. Forgive others.**
- 7. Keep God's commandments.**

F. How To Be Free from Shame

- 1. Believe the Word.**
- 2. Quote scripture to rebuke the accusations of Satan**
- 3. Reckon yourselves dead to sin (mindset).**
- 4. Read and memorize these Scriptures**
 - (a) Romans 8:1 "There is therefore now no condemnation to them which are in Christ Jesus who walk not after the flesh, but after the Spirit."**
 - (b) Proverbs 16:6 "By mercy and truth, iniquity is purged, and by the fear of the Lord, men depart from evil."**
 - (c) Romans 8:33,34 "Who shall lay anything to the charge of God's elect? It is God that justifieth. Who is he that condemneth? It is Christ that died..."**
 - (d) Romans 5:1 "Therefore, being justified by faith, we have peace with God..."**
 - (e) I John 1:9 "If we confess our sins, He is faithful and just to forgive our sins and to cleanse us from all unrighteousness."**