

TOPIC	OVERCOMING HABITUAL SINS
DATE	Sunday, August 02, 2026

MEMORY VERSE	“What shall we say then? Shall we continue in sin, that grace may abound.” Romans 6:1
BIBLE TEXT	<i>Romans 6:1-2</i>

INTRODUCTION
Habitual sins are often the leftover sins of our previous lives before being saved by Jesus. In some cases, they may have been the very sins that most convinced us of our need for a Saviour. Sometimes, they creep up as seemingly "harmless" sins or as "one time only" curiosities that grow into a regular part of daily life. Habitual sins can cause a lot of frustration and shame, but with the help of the Holy Spirit, you can move past them.
LESSON OUTLINE
A. UNDERSTANDING THE ROOT CAUSE B. MY RESPONSIBILITY
A. UNDERSTANDING THE ROOT CAUSE Identifying the root cause of sin precedes its understanding. It is quite expedient for individuals to look inward and identify some areas of struggle and understand the real driving factors and forces (Romans 7:14-25, Hebrews 10:1-4). This is thus achieved via a thorough search of our desires, motivations, and those things that we value at Christ's expense in our lives. This could include but is not limited to the following; 1. Inherent sinful nature – Romans 7:19-25. 2. Temptation/Desires – James 1:14-15; Philippians 2:13, Psalm 37:4 3. Influence – 1 John 2:16. 4. Spiritual warfare – Ephesians 6:12. It is important to remember that God's forgiveness is not based on how good you are or all the good choices you made but on the perfect sacrifice of Jesus on the cross. Romans 8:1, Romans 5:18. B. MY RESPONSIBILITY With Great Grace Comes Great Responsibility. While Jesus forgives our habitual sin, Romans 6:1 tells us not to use that grace as a "license" to sin. We should take action (no matter how difficult) to move past these sins. Striving for holiness honors the great gift of forgiveness Jesus has given us. 1 Corinthians 10:13 is a great encouragement for overcoming habitual sin. It reminds us that temptation is common. Even though you may feel alone in your struggle, remind yourself that everyone deals with these issues. God gives us a way to escape, but we must be willing and prepared to take it.

Overcoming habitual sins also involves partnering in daily prayer with the Lord. Know When to Ask for Help. Before the struggle becomes too much, find an accountability partner (**James 5:16**). This should be a trusted friend (your pastor, fellowship leader, counselor who will commit to pray for you and to whom you give permission to ask at any time, “How is it going in your fight against the habitual sin?” Knowing that your friend is going to ask for updates and pray for you can be a great encouragement to keep pressing on and celebrate victories together. Struggling against sin is never going to be comfortable or easy, but it will always be worth it. As long as you are struggling against sin, as long as you keep fighting sin, then you are making progress and getting another win over the enemy. **1 Timothy 6:12**. Never give up – God's forgiveness is there for the moments we fall, but also to encourage us to start choosing obedience and the joy that comes with honoring God. Note:

1. Confession and repentance. **1 John 1:9, Luke 15:7**.
2. Seeking accountability. **James 5:16, Proverbs 27:5-6**.
3. Filling ourselves with God's Word. **Psalms 119:9-16, Matthew 4:4**

CONCLUSION

The Holy Spirit is your constant helper in all things, especially when we are at a crossroads between sin and holiness (**John 14:16-17, 1 John 5:16**). Habitual sins can lead to death, but God has called His children to holiness. **1 Peter 1:16**.

QUESTIONS

1. What specific habitual sins do you struggle with, and how have you tried to overcome them in the past?
2. How can we cultivate a greater awareness of God's presence and power in our lives to help us overcome habitual sin?
3. What role do community and accountability play in overcoming habitual sin?