

lesson seven  
AUGUST 7-14

Victory Over  
**Sin**

---

*“Sin shall not have dominion over you, for you are not under law but under grace” (Rom. 6:14, NKJV).*



Rom. 6:5

## Introduction

# Why Not Break Loose From Sin?

It's as vivid as if it were yesterday. When I was going to school, track was my passion. I would practice faithfully up to the day of the big event. During the event I would stand face to face with the reality that *now* I was supposed to prove myself to my school and my friends. Would I be worthy? I would put out

---

**He did not consent to sin in either thought or deed.**

---

all the energy I had, and it paid off. I was so proud of myself because of what I accomplished.

Jesus wants us to put all our effort into being totally committed to Him. Feeling proud is what Jesus feels when we are victorious over sin through the help of the Holy Spirit. Sin is an offense committed against God, and there is a price to pay for it if we continue to live in sin. That is why Jesus paved the way on earth in human form to show us that even though we are living in a sinful world, there is hope. He did not consent to sin in either thought or deed. He came to show us how to live. He came to die on the cross so that we may have victory over sin through Him. If we put our faith in Him, wonderful things will happen. "Christ's love for His children is as tender as it is strong. And it is stronger than death; for He died to purchase our salvation, and to make us one with Him, mystically and eternally one."\*

According to Romans, Jesus wants us to have victory over sin by giving our hearts to Him. And why would a person not want to give his or her heart to the Lord? When we do, we have a true Friend indeed.

Romans 6:4 teaches us that part of the process of giving our heart totally to God is to die with Him in the watery grave of baptism. This symbolizes cleansing from sin and our desire to walk with Him. In addition, Romans 6:5 promises that "if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection" (NKJV).

This week we will study in depth how we can have victory over sin. What difference will such a victory make in your life?

---

\**Messages to Young People*, p. 110.

Logos  
*Overcoming Sin*

Romans 6;  
1 John 1:8–2:10

***The Symbol of Victory Over Sin (Rom. 6:1–11)***

No other symbol better describes the burial and the death of the old sinful life than the rite of baptism. Christian life is dying, for in the dying there is living. Dying to the old sinful self will result in a transformed attitude toward living. Through the death of the old self, we are freed from sin to walk in the newness of life because we are no longer slaves to sin. However, we must die daily (1 Cor. 15:31). Hence, baptism is not the end. It is only a beginning of our growing relationship with Christ. One notices that in Romans 6:1–11, Paul repeatedly mentions the phrase “with Christ.” “We were buried with Him” (verse 4), “died with Christ” (verse 8), “live with Him” (verse 8, NKJV). This suggests that victory over sin is a continuous process and can be attained only through Christ.

---

**When we sin, Jesus does not love us any less.**

---

***The Demonstration of Victory Over Sin (Rom. 6:12–14)***

Because victory over sin is a continuous process, it should be demonstrated in a concrete way. An example mentioned in this section’s text relates to our physical bodies. We are encouraged not to sin with our bodies. Paul exhorts us to use them wholly and completely for the glory of God. After being assured of our salvation, we might be inclined to abuse God’s grace. Either we might stop growing in Christ, or we might become discouraged. But God promises that we can persevere through His grace. We should obey Him not out of fear but out of love. And when love is the governing principle of our obedience, it is easy to use our bodies for God’s glory.

***Another Analogy of Victory Over Sin (Rom. 6:15–23)***

In this section’s text, we read about victory over sin in terms of the relationship between a slave and his master. Being set free from sin is equal to being slaves to righteousness. Those who are victors over sin are considered slaves of God. Slaves are at the disposal of their master. The process of being slaves to God leads to sanctification (verse 19). And sanctification ultimately will bring us to eternal life (verse 22) in Christ Jesus. There is no other way to receive eternal life except through the merits of His death and grace. We must be connected to Jesus Christ. In Him, the gift of eternal life is certain (verse 23). Being

slaves of God also means being freed from sin (verse 22). This idea appears to be contradictory, because being a slave implies a loss of freedom. But the type of freedom promised is the freedom to obey God from the heart (verse 17). It is a liberating experience to obey someone not because we are forced to but because we love to. It is also a liberating experience in contrast to the disheartening life of being slaves to sin. Such a life only leads from one sin to the next (verse 19). Thus, it is far better to be a slave to God.

### ***Christ's Role in Our Victory Over Sin (1 John 1:8–2:10)***

Sin is universal (Rom. 3:23; 5:12). Everyone is a sinner. This may paint a negative picture of one's ability to have victory over sin. However, there is good news. First John 1:8–2:10 describes the character of Christ—who He is in relation to sin and sinners. It also tells us how Christ deals with our sin. But as sinners, we also have a role to play. We must confess our sins to Christ. Confessing is not simply asking God's forgiveness in general. It also involves acknowledging before Him the particular sins we have committed. Then, because Jesus is faithful and just, He can faithfully fulfill His promise of forgiveness to us.

When we sin, Jesus does not love us any less. His forgiveness is still available, as is His desire to cleanse us. When we ask for forgiveness, Jesus will plead to the Father on our behalf. That is the meaning of His work in the heavenly sanctuary. With faith in Him as our High Priest in heaven, forgiveness of sins is guaranteed. At times, we might become discouraged because we cannot on our own keep the law and because sin is so pervasive. But our God gave us a Savior who not only can save us from the guilt of sin but also empower us to overcome sin. What a great Savior and Redeemer!

### ***REACT***

1. Explain how sin does not have dominion over us because we are not under law but under grace (Rom. 6:14).
2. Is it an abuse of God's grace when a person repeatedly commits a specific sin, yet always asks for forgiveness? Why or why not?

## Testimony *Triumph Over Sin*

Rom. 6:12–14;  
1 John 1:8–2:1

Satan bombards us with evil, but let “every Christian stand on guard continually, watching every avenue of the soul where Satan might find access. He must pray for divine help and at the same time resolutely resist every inclination to sin. By courage, by faith, by persevering toil, he can conquer. But let him remember that to gain the victory Christ must abide in him and he in Christ.”<sup>1</sup>

---

### “There is hope for man.”

---

“Satan seeks to draw our minds away from the mighty Helper, to lead us to ponder over our degeneration of soul. But though Jesus sees the guilt of the past, He speaks pardon; and we should not dishonor Him by doubting His love. The feeling of guiltiness must be laid at the foot of the cross, or it will poison the springs of life. When Satan thrusts his threatenings upon you, turn from them, and comfort your soul with the promises of God.”<sup>2</sup>

“There is hope for man. Christ says, ‘To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne’ (Rev. 3:21). But let us never forget that the efforts we make in our own strength are utterly worthless. Our strength is weakness; our judgment foolishness. Only in the name and strength of the Conqueror can we conquer. When we are pressed with temptation, when un-christlike desires clamor for the mastery, let us offer fervent, importunate prayer to the heavenly Father, in the name of Christ. This will bring divine aid. In the Redeemer’s name we may gain the victory.”<sup>3</sup>

“When one is fully emptied of self, when every false god is cast out of the soul, the vacuum is filled by the inflowing of the Spirit of Christ. Such a one has the faith that purifies the soul from defilement. He is conformed to the Spirit, and he minds the things of the Spirit. He has no confidence in self. Christ is all and in all.”<sup>4</sup>

### **REACT**

1. Take an inventory of your life. What sins are “reigning” in your body?
2. What are some ways we can guard against sin?

---

1. *The Adventist Home*, p. 403.

2. *Messages to Young People*, pp. 109, 110.

3. *Ye Shall Receive Power*, p. 358.

4. *God’s Amazing Grace*, p. 212.

Rom. 6:15

## Evidence

*What Shall I Do to Inherit the Kingdom?*

“Those who have put on Christ by baptism, by this act showing their separation from the world and that they have covenanted to walk in newness of life, should not set up idols in their hearts. Those who have once rejoiced in the evidence of sins

---

**If we do away with the commandments, how can we know what sin is?**

---

forgiven, who have tasted a Saviour’s love and who then persist in uniting with the foes of Christ, rejecting the perfect righteousness that Jesus offers them and choosing the ways that He has condemned, will be more severely judged than the heathen who have never had the light and have never known God or His law.”\*

Many people today believe that once we accept Christ, it is all right to keep sinning, because we are no longer under the law but under grace. But what is grace if not the unmerited (undeserved) favor of God? It is a common misconception that the commandments were only for the Jews. But if we do away with the commandments, how can we know what sin is? Sin is the transgression of the law. If there is no law, there is no transgression (Rom. 4:15). If there is nothing to transgress, there is no sin. If there is no sin, there is no need of a Savior. And if there is no Savior, there is no grace.

In his letter to his Christian friends in Rome, Paul tried to make clear the idea that grace was not a reason to go on sinning. The aim of Paul’s letter was to teach how we might be made righteous. Even though Paul was addressing the Christian church in Rome at that time, his words ring true today. He found it necessary to repeat himself in an attempt to reiterate his point that if we have received Christ, we are new creatures (Rom. 6:4).

Victory over sin comes in knowing that Christ has given us power to overcome sin (Rom. 6:6). That power comes through God’s grace as it resides in our hearts through the indwelling of the Holy Spirit. For if you have received Christ, you are free and are no longer a servant of sin but a servant of righteousness.

**REACT**

Read Matthew 19:16–22. The rich young ruler kept all of God’s commandments from when he was a child. However, Jesus saw that his wealth was his god. What do you treasure today? Are you willing to give it up for Christ?

---

\**Testimonies for the Church*, vol. 3, pp. 365, 366.

# How-to Gaining the Victory

1 John 1:8–10

Our world today is full of evil, hurt, and pain. No one is exempt from the devil's attacks. He has all the gadgets he needs to make you succumb to the temptations of this world. Often, people sink so deep into sin that they have no hope of victory. They give up without a struggle. But there is hope. God has made provision for everyone to have victory over sin. Following are some steps to achieving this victory:

---

## When God forgives your sins, He . . . remembers them no more, so don't go looking for them.

---

*First acknowledge that you have sinned.* “All have sinned, and come short of the glory of God” (Rom. 3:23). Admit your guilt and recognize that God does not lead us into sin.

*Confess your sins.* God knows you have sinned. So why should you confess them? When you confess, you are showing God that you are aware of your sins, that you are sorry for them, and that you no longer want to live in sin.

*Pray and ask for forgiveness.* It is not enough just to confess your sins. You must ask for forgiveness. God is just and fair, so He is willing to forgive us if we ask Him to. “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1:9, NIV). Pray that you will not fall into temptation.

*Accept God's forgiveness.* When you pray for forgiveness, leave your request and your burdens at the foot of the cross. When God forgives your sins, He buries them as it were in the deepest part of the ocean and remembers them no more, so don't go looking for them. Don't keep thinking about them.

*Go and sin no more.* To resist temptation, you must keep God's Word in your heart. “I have hidden your word in my heart that I might not sin against you” (Ps. 119:11, NIV). When God's Word becomes an integral part of your life, it gives you the strength and vigor you need to overcome temptation and sin.

### REACT

1. Why is it necessary to accept forgiveness of your sins?
2. What is confession? How important is it in the life of a true Christian?
3. Is it all right to ask others to forgive us for something we are not sure we are guilty of?
4. What does Galatians 5:19–26 teach us about certain attitudes and emotions in regard to sin?

Rom. 6:23

## Opinion

*The Beautiful Conjunction*

In English, the word *but* is a conjunction. Generally speaking, whatever follows the word *but* negates what was said before it. “That was a pretty good attempt, *but* you should see how *my* child does that.” This is the way it works in the last verse in our chapter of study for this week. If we were to read the first portion of this verse on its own, we would be in despair. “The wages of sin is death” (Rom. 6:23).

---

### Surrender is the key to victory.

---

Then, however, comes the beautiful conjunction: “*but* the gift of God is eternal life through Jesus Christ our Lord” (Rom. 6:23, emphasis added).

As fallen beings, we are surrounded by sin and its effects. On our own, there is no way to avoid it, and the Bible tells us that everyone has succumbed to temptation (Rom. 3:23; 5:12). Our verse of study for today indicates that the penalty for that sin is death. Each of us has been found guilty and has been handed a death sentence. The good news is that Jesus conquered death and sin, and He offers us that same victory. We simply have to know how to access it.

Author Shelley Quinn wrote, “I must recognize my absolute, total dependence upon Jesus Christ to perform a work in me that empowers me to walk in the commandments of God.”<sup>1</sup> Our role is to “let go and let God.” There is nothing so simple and yet so difficult at the same time. We find ourselves trying valiantly to achieve our own victory over sin by attempting to be good. This only serves to ensnare us more in the net of sin, because “all our righteousnesses are as filthy rags” (Isa. 64:6).

Surrender is the key to victory. “The consistent surrender of all . . . thoughts, feelings, and, yes, our actions comprises freedom in the Christian life.”<sup>2</sup> God desires us to have a full life (John 10:10), not to be trapped in sin. The victory is ours if we desire to claim it. As we reflect on the study for this week, may our song be, “O victory in Jesus, my Savior forever!”<sup>3</sup>

**REACT**

1. What, if anything, is stopping you from claiming victory over sin?
2. Do you believe that the victory over sin is instantaneous, or do we gain victory over various sins at different times? Explain your answer.

---

1. Shelley Quinn, *Exalting His Word* (Nampa, Idaho: Pacific Press® Publishing Association, 2006), p. 50.

2. Jim Hohnberger, *Empowered Living* (Nampa, Idaho: Pacific Press® Publishing Association, 2002), p. 32.

3. Lyrics by Eugene Monroe Bartlett.

## Exploration

# “To the Victor Go the Spoils”

Romans 6;  
1 John 1:8–2:10

### CONCLUDE

The title of this Exploration article refers to the practice of giving favors to loyal members of the political party in power. It also can refer to the practice of winning armies taking whatever they wanted from the people they conquered or when a winner of a contest receiving the benefits of having won, for example—a title, prize, or award. When Christians become victors over sin through faith in Christ and by abiding in Him, they receive a host of rewards, none of which they earned! Just a few of these rewards include peace, love, joy, and eternal life.

### CONSIDER

- Painting or sketching what victory over sin feels like to you.
- Analyzing one biblical character who had victory over sin and one who did not. As you review the lives of both, compare and contrast the choices and actions each one made. Then compare and contrast their choices and actions to yours. Which person are you the most like? Based on this exercise, what changes do you need to make to have victory over sin?
- Getting together with some friends or family members to celebrate victories each of you have personally experienced in your walk with God. Share a light meal, sing a few songs, and enjoy each other’s fellowship.
- Reflecting upon one or two personal behaviors that might be keeping you from having a deeper relationship with God. Envision your life without these behaviors. Consider some things you can do that will help you to change, and daily ask God to give you the victory.
- Composing music for this week’s memory verse: “Sin shall not have dominion over you, for you are not under law but under grace” (Rom. 6:14, NKJV). Sing it whenever you feel that you are being tempted to sin.
- Learning how to say “victory over sin” in sign language. Go to the following Web site and search for the words *victory* and *sin*: Sign languages seldom use prepositions, so don’t bother with the word *over*. [http://www.valleybible.net/DeafMinistry/ASLDictionary/asl\\_dictionary.php](http://www.valleybible.net/DeafMinistry/ASLDictionary/asl_dictionary.php).

### CONNECT

*Steps to Christ*, pp. 98–104.

Biblical Research Institute, “How Perfect Is *Perfect* Or Is Christian Perfection Possible?” <http://www.adventistbiblicalresearch.org/documents/How%20Perfect%20Is%20Perfect.htm>.