SESSION FIVE: ABSTAINING FROM SIN



Lesson Overview

Video Time: 15:34

Topics Covered:

- How sinful desires pull the heart away from God.
- Why these passions cannot be controlled by willpower alone.

Reflection Questions:

- What desires or impulses tend to pull you away from God?How can you accept Jesus' hand reaching out to you?
- Where do you sense God calling you to surrender a specific desire to Him?
- What does it mean for you to abstain?
- What choice is God asking you to make today?

Inspiration:

Galatians 5:16 • Walk by the Spirit, and you will not gratify the desires of the flesh.
Romans 13:14 • Put on the Lord Jesus Christ and make no provision for the flesh.

Action Step:

Choose one desire you need to surrender and ask the Holy Spirit each day for strength to walk in obedience.