



DEATH TO THE FLESH

This week we are continuing to look at Romans 8:12 – 14 and thinking in particular about what it means to put to death the deeds of the body.

◆ What does Paul mean by, “the deeds of the body”?

Here are eight practical steps you could take that would help you put to death the deeds of the body. Give some thought to each one:

◆ Be ruthlessly determined. How could you be more determined in dealing with your sins?

◆ Identify the sins you want to put to death specifically and get to understand their ways. When you think of the sins you struggle with most are you able to see any patterns? When or where are they more likely to occur?

◆ Allow them no exercise. Why do you think we indulge the sins we say we want to overcome so much?

◆ Stop making excuses for them. What are the excuses people commonly make for their sins?

◆ Be careful not to feed them. What are the things that feed the sins you find most difficult to overcome?

◆ Don't encourage them in any way. What do you do that encourages your sins?

◆ Ask for help. What is it that stops us asking for help to put our sins to death?

◆ Persevere. Why do you think we get so easily discouraged in the battle with our sins?