

# Spirit-Controlled Living vs. Sin-Controlled Living

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24

Spirit-Filled Mind		Sins of the Mind	
forgiveness hope appreciation willingness impartiality self-control mercy	humility thankfulness confidence wisdom faithfulness gratitude	unforgiveness evil thoughts covetousness greed lust arrogance senselessness spitefulness	pride ingratitude selfishness deceitfulness heartless faithless conceited idolatry
Spirit-Filled Emotions		Sinful Emotions	
love peace gentle spirit gladness joy	long-suffering kind spirit patience compassion hope	hatred rebelliousness bitterness envy bad temper	anger unloving attitude jealousy malice rage
Spirit-Filled Mouth		Sins of the Mouth	
truthfulness thankfulness gentle answer encouragement tact	praise timeliness soothing tongue pleasant words	lying complaining provoking strife boasting gossiping harsh	slandering disputing backbiting argumentative insulting unwholesome talk obscenity course joking
Spirit-Filled Behavior		Sins of Behavior	
kindness righteousness obedience goodness courage endurance considerate compassionate	gentleness cooperation sincerity servant spirited submissive impartiality self-controlled	fornication adultery drunkenness murder rioting showing no pity dissenting builder violence favoritism disputing argumentative harshness	brutality no self-control stealing violence disobedience to parents brawling lovers of pleasure favoritism sexual immorality lewdness greed unloving gluttony

Based on 2 Corinthians 12:20, Ephesians 4:25-31; 5:3-18, Galatians 5:19-22, James 2:9; 5:9, Mark 7:21-23, Philippians 2:14, Psalm 11:5, Romans 1:28-31; 13:13, 1 Timothy 3:3, 2 Timothy 3:1-5, Colossians 3:12

Adapted with permission from: The Heart of the Problem by Henry Brandt and Kerry L Skinner, ©2015, Kerry L Skinner, Think Life Change

# Six Steps in the Process of Repentance

## Step 1

**Confess, "I am wrong. I have sinned."**

I need to understand I am wrong because I sinned against God's standard.  
JOHN 3:19-21

## Step 2

**I say to God, "I am sorry. I have sinned."**

You must have Godly sorrow that leads to repentance, which leads to "turning" from your sin.  
2 CORINTHIANS 7:9-11

## Step 3

**I ask, "God forgive me of my sins."**

Claim: Jesus died for our sins to make the free gift of forgiveness available to us. Just receive it.  
1 JOHN 1:9

## Step 4

**I ask, "God, cleanse me of my sins."**

Don't just try to do penance such as crying, getting depressed, or hurting yourself. Walk in the ways of God.  
1 JOHN 1:7

## Step 5

**I ask, "God, empower me."**

Don't just try to be self-disciplined and act as a Christian should act – that is the counterfeit appearance of God's cure. Ask Him to replace your sin with the fruit of the Spirit: love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.  
GALATIANS 5:22-23

## Step 6

**Ask the people that have been negatively impacted by your sin to forgive you.**

COLOSSIANS 3:12-13

### Personal Reflection

1. For the next seven days, read Psalm 139:23-24 and let the Holy Spirit reveal any sin in your life that has negatively impacted your relationships. Using the "Spirit-Controlled Living vs. Sin-Controlled Living" worksheet, circle each sin that the Holy Spirit brings to your mind.
2. For each sin you circled, complete the six steps of repentance.

### As a Couple

1. What are your main take-aways from the teaching?
2. Share your personal reflections with each other.
3. Determine at least one action step you will take toward becoming CLOSER as a couple.