

Study Guide: 10-26–25 Adjustments - Why Do We Sin?

Overview

This message explores why believers intentionally sin (iniquity) despite having the Holy Spirit's power to overcome it. It distinguishes between unintentional sin (missing the mark) and habitual intentional sin, emphasizing conviction over shame. Using scriptures like Romans 7–8 and Galatians 5, it warns that a lifestyle of habitual sin risks not inheriting God's kingdom. Three reasons for habitual sin are outlined with practical adjustments: stop consuming sin-feeding inputs, crucify the flesh, and reject idolatry of self. The goal is understanding root causes to minimize iniquity through repentance, Spirit-led living, and making Jesus the primary source of satisfaction.

Reflection Questions

1. What is one habitual sin in your life, and does it stem from unintentional mistakes or intentional choices (iniquity)?
2. When you feel convicted about sin, how do you respond—do you seek adjustment or ignore it?
3. Review Galatians 5:19–21: Are any of these practiced habitually in your life, even if you despise them?
4. What "inputs" (media, habits, relationships) are you consuming that feed a specific sin? Are they worth your soul?
5. In moments of craving sin, do you ask: "Will this bring contentment or contamination to my soul?"
6. What part of your flesh (desires, resentments, ideologies) have you not yet crucified with Christ?

Main Points

1. **We Are What We Eat** Habitual sin is fueled by what we consume (e.g., media, thoughts). *Key Scriptures:* James Eph 4:27; Matt 5:27–30. *Adjustment:* Identify and eliminate defiling inputs — "Stop eating it and you'll stop doing it."
2. **Our Flesh Craves Sin** The sinful nature wars against the Spirit; we must crucify it daily. *Key Scriptures:* Gal 5:16–17; Rom 6:1–11; Gal 2:20; Matt 16:24–26. *Adjustment:* Surrender uncrucified desires to the cross; let the Spirit lead, not the flesh.
3. **We Worship Idols** Habitual sin often idolizes the flesh, declaring Jesus insufficient. *Key Scriptures:* 1 John 3:4; John 14:15. *Adjustment:* Repent (1 John 1:9), embrace Jesus' lordship (Titus 2:14), seek Him first (Matt 6:33).

Application

- **Stop consuming defilers:** Audit apps, media, or influences feeding sin; delete or limit them immediately.
- **Discipline your flesh:** Practice saying "no" to cravings; engage the Holy Spirit daily through prayer and Scripture.
- **Crucify idols:** Surrender specific desires (e.g., resentment, lust) at the cross; replace with Christ-centered habits.
- **Make Jesus your source:** When stressed or unfulfilled, reach for Him first—not sin as a last resort.

- **Practical steps:** Sign up for Freedom Class; pray for forgiveness and change; commit to daily Word reading.
- **Personal commitments:**
 - Make Jesus Lord today.
 - Ask forgiveness for consumed sin and adjust inputs.
 - Say no to flesh, yes to Jesus.
 - Chase Jesus harder than iniquity.

Group Discussion Prompts

1. Share one habitual sin you're battling—how does it align with the three reasons (consumption, flesh, idolatry)?
2. Discuss Galatians 5:19–21: Which sins feel "habitual" in culture today? How does "live for Jesus and don't worry" balance with warnings about inheritance?
3. What inputs (e.g., social media, entertainment) feed sin in your life? Brainstorm accountability for eliminating them.
4. Read Romans 7:14–15 aloud: How does Paul's struggle resonate? What evidence shows uncrucified flesh in your life?
5. When flesh craves sin, how can asking "contentment or contamination?" change decisions? Share a real example.
6. How does idolizing flesh say "Jesus isn't enough"? Pray together for surrender and Spirit-led victory.