

HOW DO BELIEVERS IN JESUS CONTROL SIN?

Cain's Impossible Duty

Genesis 4:6-7

6God said to Cain, 7“Do what is **right** – and I will **accept** you. But, **if** you do **wrong**, sin is **crouching** at your **door** – sin **wants** to **have** you. But you **must rule over** sin – you must control sin.”

This is Option #1:

Do Good, Rule Over Sin & Live Forever

What does Sin want to do to us? (verse 7)

*Jesus said, “Do you sin? Then you are Sin’s **slave**.”*

John 8:34

*If we say: “I have never sinned” – we are saying: “God is a **liar**.”*

1 John 1:10

How **serious** is this **problem**? How **serious** is it to be Sin’s slave?

*Jesus said, “Are you Sin’s slave? Then you are not **part of God’s family forever** – **because a slave is not part of a family forever – a slave is only a worker in the family. But a son is part of God’s family forever!***

John 8:34-35

*Jesus said, “I am God’s Son [so I have God’s **power**]. So I can **free** you from being Sin’s slave. If I make you free, you will **really be free!**”*

John 8:35-36

Who can make us free from being sin’s slave?

Who can make us a son in God’s family?

This is Option #2:

Believe in Jesus & Live Forever

How Did Jesus Make Us Free?

Our Old Self was a slave to Sin – but our Old Self was put on the cross with Christ. So, now, we are not Sins’s slaves. **Why? Because we have died (our Old Self* has died)** – so we are free from Sin. ...Sin is not our slave **master**.*

Romans 6:6-7, 14

(A dead slave doesn’t have to obey the slave master anymore!

Romans 6:7, 14 & 7:1-4)

Are you in Christ – do you believe in Christ? Then you are brand new! The original you has gone. Look! You have become new! 1 Corinthians 5:17

We have a New Self!

Obedying God comes from faith.

Romans 1:5

Believe in Jesus (faith) —> Get a New Self/Live Forever —> Do good

We must believe in Jesus **first**. Then we do good.

But, we don't automatically control sin and do good.

Until we leave this body and see Jesus face-to-face,
we have to fight against Sin and our Old Self*.

So, we can go back to our sins if we want to – because ...

The Old Self* wants the opposite of what the Holy Spirit wants – and the Holy Spirit wants the opposite of what the Old Self* wants. They are fighting each other. That is why you don't do what you want to do.

Galatians 5:17

Our Old Self* hates God. It does not obey God's Law – in fact, our Old Self* cannot obey God's Law. If your Old Self* controls you, you cannot please God.

Romans 8:7-8

If you don't believe in Jesus, you are controlled by your Old Self*.
You cannot make God happy.

But there is good news! Now we can please God!

3We meet the expectations of God's Law, if we follow the Holy Spirit – and don't follow the Old Self*.

Romans 8:4

So every day we must choose:

Do I want to follow God's Holy Spirit today?

Or do I want to follow my Old Self* today?

What does God's Law expect?

37Jesus said, “Love your God, with all your heart, with all your soul, with all your mind, ... [30]and with all your strength...” 38This is the first command. 39The second command is like the first command: ‘Love other people like you love yourself.’”

Matthew 22:35-40 [Mark 12:30]

We can only love God and love people with the Holy Spirit's help.

So, How Can We Control Sin? How Can We Do Good?

1. Follow the Holy Spirit:

Live every day by the Holy Spirit's power – then you won't satisfy the evil desires of your Old Self*.

Galatians 5:16

2. Think Right:

Don't copy the world – don't think and do what the world does. But be changed – be changed by thinking new thoughts – by cleaning up your mind.

Romans 12:2

Focus your minds on things above – on things in heaven where Christ is. Don't focus your minds on things of this world.

Colossians 3:1-2

Think about yourselves this way: You are dead to sin – but you are alive to God!

Romans 6:11

3. Follow God's Word – the Bible:

11 God, I keep your Word (the Bible) in my heart, so I won't sin against you. 15 I think deeply about what you want me to do – and I think deeply about what you do. 105 Your Word is a light for my path.

Psalms 119:11, 15, 105

4. Give Your Body to God:

19 God gave you his Holy Spirit – and the Holy Spirit lives in your body – your body is the Holy Spirit's temple. You do not own your body – your body does not belong to you. 20 Why? Because Jesus bought you with his blood – with his life. So use your body to honor God.

1 Corinthians 6:19-20

Give your bodies to God – give your bodies as living sacrifices to God – and keep your bodies pure. This makes God happy – this is how to serve and worship him. Please do this, because God loves you so much.

Romans 12:1

Don't let Sin be the boss in your body – don't obey Sin's evil desires.

Romans 6:12

The many parts of your body are "tools." Don't give them to Sin – don't use them as tools to do bad things. But give the parts of your body to God – use them as tools to do good.

Romans 6:13

* "Old Self" is used here because it is easier to understand. In Greek (the New Testament's language) the word is: "flesh" – which does not mean our physical bodies, but (apparently) is everything in us and about us that opposes God, and cannot, and will not please him.

look deeper	もっと深く考えてみよう
how	どう、どのくらい
believer	(イエスを) 信じる人、信者
control	管理する、抑制する、収拾する、押さえる、抑制する
sin	悪い考え、態度、言葉、行い – 神様に従わないこと – 罪、罪を犯す
Cain	カイン (アダムとエバの息子)
impossible	不可能な、果たせない
duty	義務、義理
right	正しい、正しいこと
accept	受け入れる
if	もし
wrong	悪いこと、悪い、悪の、間違い
crouch	(忍び寄る為に) しゃがむ
door	戸口、ドア
want	欲しい、欲しがる、望む、求める、やりたい
have - had - had	自分のものにする、持つ
must	しなければならない
rule over	支配する
option	選択、オプション
live forever	永遠に生きる
slave	奴隷
liar	偽り者
serious	重大な、深刻な、大変な
problem	問題
part	部分、分
family	家族
forever	永久に、永遠に
because	～のため、～のせい、なぜなら
worker	労働者、働き人
power	力
free	自由、自由にさせる
really	本当に、実に、とても

cross	十字架
why	なぜ、どうして
die	死ぬ
master	主人
dead	死んでる
have to - had to - had to	しなければいけない、しなければならない
anymore	もう
brand new	仕立て上がり、新品
original	最初の
go - went - gone	過ぎ去った、いなくなった
look!	ほら
become - became - became	になる、なる
new	新しい
obey	従う
come from - came from - come from	～から生まれる、～から発する、による、根 ざす、から来る
faith	信仰（信仰＝信じること・神様を信じるこ と）
first	第一、一番目、最初、まず、初めに、最初の
automatically	自動的に
body	体
face-to-face	向かい合わせ
go back - went back - gone back	戻る
opposite	反対、逆
Holy Spirit	聖霊、神様の霊、キリストの霊
each other	互いに、互い
hate	憎む
Law	神様の律法、十戒
cannot	できない
please	喜ばす、ください、お願いします
by	によって、そば、そばに
expectation	期待
follow	従う、後をついていく
every day	毎日

choose - chose - (have) chosen	選ぶ、選んだ、選んだことがある
today	今日
expect	期待する
all	すべて
heart	心
soul	魂
mind	心、思い、精神、考え
strength	力、強さ
second	第二、二番目
live	生きる、住む
satisfy	満足させる、満たす
copy	真似する
think - thought - thought	思う、考える
world	世、世界
change	変わる、変える
thought	考え、思い
focus	注目する、集中する
where	いるところ
about	について
yourself / yourselves	あなた自身・あなた方自身
way	よう、ように
alive	生きてる
keep - kept - kept	(戒めや約束を) 守る、保つ、持つ、取っておく
Word (of God)	(神様の) 言葉、聖書
Bible	聖書（神様から私たちへの大切なことば）
deeply	深く
light	光、明かり
path	小道、道、（人生の）道
temple	神殿
own	所有する、持つ、有する
belong	属する、のものである、所有する

use	使う、用いる、利用する
honor	重んじる、栄誉、名誉
living	生きる
sacrifice	いけにえ
pure	清い、純粋
serve	仕える
worship	拝む、礼拝をする
so much	それほど、そんなに
let	許す、許しなさい、そうさせる
boss	ボス、監督、親分
tool	道具
easy / easier / easiest	やりやすい、簡単・より簡単・最も簡単
understand - understood - understood	理解する
Greek	ギリシャ語
New Testament	新約聖書（イエス・キリストからの話）
language	言葉
mean - meant - meant	意味する
physical	肉体的、身体的
apparently	らしい
everything	すべて、全部
oppose	反対する、敵とみなすこと