

Breaking Sin's Grip Through Christ When Life Gets Hard - Part 3

Life Church St. Louis April 6, 2025
Lead Pastor Dan Walker, PhD, MDiv

Pray Daily for your Five Friends Focus

Introduction

Romans 6:14 (ESV) For sin will have no dominion over you, since you are not under law but under grace.

John 8:36 (ESV) So if the Son sets you free, you will be free indeed.

2 Corinthians 10:4 (ESV) For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

1. Break Sin's Power by Embracing Christ's Suffering

1 Peter 4:1 (ESV) Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin,

1 Peter 4:2 (ESV) so as to live for the rest of the time in the flesh no longer for human passions but for the will of God.

2. Leave Our Old Life Behind with Courage

1 Peter 4:3 (ESV) For the time that is past suffices for doing what the Gentiles want to do, living in sensuality, passions, drunkenness, orgies, drinking parties, and lawless idolatry.

1 Peter 4:4 (ESV) With respect to this they are surprised when you do not join them in the same flood of debauchery, and they malign you;

1 Peter 4:5 (ESV) but they will give account to him who is ready to judge the living and the dead.

3. Live Urgently with Love, Prayer, and Purpose

1 Peter 4:6 (ESV) For this is why the gospel was preached even to those who are dead, that though judged in the flesh the way people are, they might live in the spirit the way God does.

1 Peter 4:7 (ESV) The end of all things is at hand; therefore be self-controlled and sober-minded for the sake of your prayers.

1 Peter 4:8 (ESV) Above all, keep loving one another earnestly, since love covers a multitude of sins.

1 Peter 4:9 (ESV) Show hospitality to one another without grumbling.

4. Use God's Gifts with God's Strength

1 Peter 4:10 (ESV) As each has received a gift, use it to serve one another, as good stewards of God's varied grace:

1 Peter 4:11 (ESV) whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.

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Introduction

1. Why do you think it's so tempting to turn to "escape" behaviors when life becomes overwhelming?
2. What gives you confidence that grace is more powerful than sin? (Romans 6:14)
3. What does true freedom in Christ mean to you, and how does that impact how you face personal struggles? (John 8:36)
4. What "strongholds" might a person overlook in their life, and how can they begin to surrender them to Jesus? (2 Corinthians 10:4)

1. Break Sin's Power by Embracing Christ's Suffering

1. What changes when we adopt a mindset that's willing to suffer for the sake of obedience? (1 Peter 4:1)
2. How do your desires shift when you begin living for God's will rather than your own passions? (1 Peter 4:2)
3. What specific "comfort sin" do you tend to fall back on, and how can you invite accountability in that area?

2. Leave Our Old Life Behind with Courage

1. Why is it important to recognize that we've spent "enough time" living in old patterns? (1 Peter 4:3)
2. How do you respond when people don't understand or criticize your choices to live differently? (1 Peter 4:4)
3. How does remembering that God is our ultimate judge help us live with boldness and integrity? (1 Peter 4:5)

4. Is there a place in your life where peer pressure or fear of rejection is holding you back from full obedience?

3. Live Urgently with Love, Prayer, and Purpose

1. How does viewing life with an eternal perspective affect the way you live day to day? (1 Peter 4:6)
2. What are some practical ways to be self-controlled and sober-minded in your spiritual life? (1 Peter 4:7)
3. Why is earnest love so essential within the church family? (1 Peter 4:8)
4. How can you show hospitality and love without grumbling or complaining this week? (1 Peter 4:9)
5. What's one step you can take this week to live with greater spiritual urgency and deeper love?

4. Use God's Gifts with God's Strength

1. How does seeing yourself as a steward of God's gifts shift your mindset about serving? (1 Peter 4:10)
2. Why is it important to rely on God's strength, not just your own effort, when serving others? (1 Peter 4:11)
3. Where might you be hesitating to use your gifts, and what's one way you could take a step of faith and serve this week?

Conclusion

1. What's one area of your life where sin still seems to have a grip, and what would trusting Jesus more look like there?
2. What "escape" have you been using that needs to be surrendered to Christ?
3. What do you think your life would look like if you truly believed—starting today—that Jesus has already made freedom possible?