

Torah Studies – Statutes #523-525

Statute Summary:

(#523) Keep Yahweh's Appointed Days with rejoicing. (#524) Husbands keep the Feasts of Yahweh with their whole families and guests or employees within your household gates. (#525) Gather with your whole household before Yahweh, in the place where He has chosen for His Feasts to be kept. (Statutes #168-170 – already studied from Exodus 23:14-17) Gather to keep the Feasts 3x per year: for Passover/Unleavened Bread, for Pentecost, and for the Feast of Tabernacles. (Statutes #171-173 – already studied from Deuteronomy 12:5-7, 14) Do not come to the Feasts empty – or without an offering. Come prepared to give of your money, your time, your talents, and your abilities - as you are able to give – to make the Feast a blessing to all.

Deuteronomy 16:14-17 “And thou shalt **rejoice** in thy **Feast**, thou, and thy son, and thy daughter, and thy manservant, and thy maidservant, and the Levite, the stranger, and the fatherless, and the widow, that are within thy gates. Seven days shalt thou keep a **solemn feast** unto the LORD thy God in the **place** which the LORD shall **choose**: because **(J1)** the LORD thy God shall bless thee in all thine increase, and in all the works of thine hands, therefore thou shalt surely rejoice. Three times in a year shall all thy males appear before the LORD thy God in the place which he shall choose; in the Feast of Unleavened Bread, and in the Feast of Weeks, and in the Feast of Tabernacles: and they shall not appear before the LORD empty: Every man shall give as he is able, according to the blessing of the LORD thy God which he hath given thee.

Key Word Study: **Directions:** Look up each keyword (underlined in the verses above) in your Strong's Concordance. Fill in the table below.

Key Word	Strong's Number	Hebrew Word	Meaning
REJOICE	H8055	šâmach	to <i>brighten</i> up, <i>be</i> (causatively <i>make</i>) <i>blithe</i> or <i>gleesome</i> : - cheer up, be (make) glad, (have make) joy (-ful), (cause to) rejoice, X very
FEAST	H2282	chag	A <i>festival</i> , or a <i>victim</i> therefor: - (solemn) feast (day), sacrifice, solemnity
SOLEMN	H2287	châgag	to move in a <i>circle</i> , to <i>march</i> in a sacred procession, to <i>observe</i> a festival; to <i>be giddy</i> : - celebrate, dance, (keep, hold) a (solemn) feast (holiday)
PLACE	H4725	mâqôm	a <i>standing</i> , a <i>spot</i> ; a <i>locality</i> (generally or specifically); also (figuratively) of a <i>condition</i> (of body or mind): country, X home, room, space, X whither [-soever]
CHOOSE	H977	bâchar	to <i>try</i> , that is, (by implication) <i>select</i> : - acceptable, appoint, choose (choice), excellent, join, be rather, require

Judgment:

Directions: What is the Blessing (identified as J1) for obeying these Statutes? Write the blessing on the lines below:

The LORD thy God shall bless thee in all thine increase, and in all the works of thine hands

Explain the meaning of the following words from this Judgment:

Bless: to bless God (as an act of adoration), and (vice-versa) to bless man (as a benefit) (greatly)

Increase: income, that is, produce (literally or figuratively): - fruit, gain, increase, revenue

Works of Thine Hands: property, bake-meat, business, deed, do (-ing), labour, occupation

Synthesis:

Directions: Rewrite this Scripture in your own words, using the fuller meanings you gained from the Key Word Study. Highlight the concept which most stands out to you. Pray and meditate on it today.

¹⁴ Rejoice at Yahweh's Feasts — you, your sons and daughters, your male and female slaves, the *employees*, and the visitors staying with you. ¹⁵ Seven days you are to keep the Festival for *ADONAI* your God in the place *ADONAI* your God will choose, because *ADONAI* your God will bless you in all your crops and in all your work, so you are to be full of joy!

¹⁶ “Three times a year all your men are to appear in the presence of *ADONAI* your God in the place which he will choose — at the festival of *matzah* (*Passover*), at the festival of *Shavu'ot* (*Pentecost*) and at the festival of *Sukkot* (*The Feast of Tabernacles*). They are not to show up before *ADONAI* empty-handed, ¹⁷ but every one is to give what he can, in accordance with the blessing *ADONAI* your God has given you.

Cross References: [Deu 16:10](#), [Deu 7:13](#), [Deu 28:8-12](#), [Deu 30:16](#), [Exo 23:14-17](#), [Exo 34:22-23](#); [1Ki 9:25](#), [Psa 96:8](#); [Pro 3:9-10](#), [Zechariah 14:1-21](#)

Torah Studies – Statutes #526-540

Statute Summary:

(#526) Do not look upon the nakedness of your close relatives. (#527) Do not look upon the nakedness of your father. (#528) Do not look upon the nakedness of your mother. (#529) If your father has a wife, who is not your mother, do not look upon her nakedness either. (#530) A wife's nakedness is her husband's exposure. (#531) Do not look upon the nakedness of your sister. (#532) Do not look upon the nakedness of your mother or father's daughters (which may not be your sisters by blood). (#533) Also do not look upon the nakedness of your step-mother's daughters. (#534) Do not look upon the nakedness of your aunts. (#535) Do not look upon the nakedness of your uncles. (#536) Do not look upon the nakedness of your daughter-in-law. (#537) Do not look upon the nakedness of your brother's wife. (#538) Do not look upon the nakedness of both a woman (such as a woman you might marry) and her daughter or near family. (#539) Do not uncover your wife's body or be involved with her in a physical way during her menstrual cycle. (#540) Do not have sexual relations with another man's wife, for in so doing you will be defiled.

Leviticus 18:4-20 “Ye shall do My Judgments, and keep Mine Ordinances, to walk therein: I am the LORD your God. Ye shall therefore keep My Statutes, and My Judgments: which if a man do, he shall live in them: I am the LORD. None of you shall approach to any **that is near** of kin to him, to **uncover** their **nakedness**: I am the LORD. The nakedness of thy father, or the nakedness of thy mother, shalt thou not uncover: she is thy mother; thou shalt not uncover her nakedness. The nakedness of thy father's wife shalt thou not uncover: it is thy father's nakedness. The nakedness of thy sister, the daughter of thy father, or daughter of thy mother, whether she be born at home, or born abroad, even their nakedness thou shalt not uncover. The nakedness of thy son's daughter, or of thy daughter's daughter, even their nakedness thou shalt not uncover: for theirs is thine own nakedness. The nakedness of thy father's wife's daughter, begotten of thy father, she is thy sister, thou shalt not uncover her nakedness. Thou shalt not uncover the nakedness of thy father's sister: she is thy father's near kinswoman. Thou shalt not uncover the nakedness of thy mother's sister; for she is thy mother's near kinswoman. Thou shalt not uncover the nakedness of thy father's brother, thou shalt not approach to his wife: she is thine aunt. Thou shalt not uncover the nakedness of thy daughter in law: she is thy son's wife; thou shalt not uncover her nakedness. Thou shalt not uncover the nakedness of thy brother's wife: it is thy brother's nakedness. Thou shalt not uncover the nakedness of a woman and her daughter, neither shalt thou take her son's daughter, or her daughter's daughter, to uncover her nakedness; for they are her near kinswomen: it is **wickedness**. Neither shalt thou take a wife to her sister, to **vex** her, to uncover her nakedness, beside the other in her life time. Also thou shalt not approach unto a woman to uncover her nakedness, as long as she is **put apart** for her uncleanness. Moreover thou shalt not lie carnally with thy neighbor's wife, to **defile** thyself with her.”

Key Word Study:

Key Word	Strong's Number	Hebrew Word	Meaning
THAT IS NEAR	H7607	sh ^o ēr	<i>Flesh</i> , figuratively <i>kindred</i> by blood
UNCOVER	H1540	gâlâh	to <i>denude</i> (especially in a disgraceful sense); to <i>reveal</i> :; X shamelessly, show, uncover
NAKEDNESS	H6172	ʿervâh	<i>nudity</i> , literally (especially the <i>pudenda</i>) or figuratively (<i>disgrace, blemish</i>): - nakedness, shame, unclean (-ness)
WICKEDNESS	H2154	zimmâh	a <i>plan</i> , especially a bad one: - heinous crime, lewd (-ly, -ness), mischief, purpose, thought, wicked (device, mind, -ness)
VEEX	H6887	tsârar	to <i>cramp</i> , adversary, (be in) afflict (-ion), besiege, bind (up), (be in, bring) distress, enemy, oppress, (trouble), vex
PUT APART	H5079	niddâh	<i>impurity</i> , especially personal (menstruation) or moral (idolatry, incest): - X far, filthiness, X flowers, menstuous (woman)
DEFILE	H2930	ṭâmê'	To <i>be foul</i> , especially in a moral sense (<i>contaminated</i>): - defile (self), pollute (self), be (make, make self, pronounce) unclean

Synthesis:

No one is allowed to behold the nakedness of a blood relative. You must not uncover your father's nakedness, which is your mother's nakedness. She is your mother; you must not disrespect her or your father by looking upon her body. You must not look upon the nakedness of your sister—regardless of whether she is your father's daughter or your mother's daughter, whether born into the same household as you or outside it. You must not look at the nakedness of your son's daughter or your daughter's daughter, because their nakedness is your own nakedness. You must not look upon the nakedness of the daughter of your father's wife, who was born into your father's family; she is your sister. You must not behold the immodesty of your father's sister or your mother's sister. You will not uncover the nakedness of your father's brother nor his wife. You must not behold the nakedness of your daughter-in-law; she is your son's wife. You will not uncover the nakedness of your brother's wife; it is your brother's nakedness.

You must not behold the nakedness of a woman and her daughter. You will not marry her son's daughter or her daughter's daughter, thereby uncovering her nakedness. They are her blood relatives; it is shameful. You must not marry your wife's sister as a rival and have sexual contact with her while her sister is alive. You must not approach a woman for sexual contact during her menstrual uncleanness. You must not have sexual relations with another man's wife, or you will become spiritually unclean by it. Cross References: [Mal 3:5](#); [Mat 5:27-28](#); [Rom 2:22](#); [1Co 6:9](#); [Gal 5:19](#); [Heb 13:4](#)

Torah Studies – Statutes #541-542

Statute Summary:

(#541) Homosexuality is an abomination. Yahweh commands that the sexual contact between a man and wife not be done with persons of the same sex. (#542) There is to be no sexual contact between an animal and a human.

Leviticus 18:22-30 “Thou shalt not lie with mankind, as with womankind: it is **abomination**. Neither shalt thou lie with any beast to defile thyself therewith: neither shall any woman stand before a beast to lie down thereto: it is **confusion**. Defile not ye yourselves in any of these things: for in all these **(J1)** the nations are defiled which I cast out before you: **(J2)** And the land is defiled: therefore I do visit the iniquity thereof upon it, and the land itself vomiteth out her inhabitants. Ye shall therefore keep My Statutes and My Judgments, and shall not commit any of these abominations; neither any of your own nation, nor any stranger that sojourneth among you: (For all these abominations have the men of the land done, which were before you, and the land is defiled;) That the land spue not you out also, when ye defile it, as it spued out the nations that were before you. **(J3)** For whosoever shall commit any of these abominations, even the souls that commit them shall be cut off from among their people. Therefore shall ye keep Mine Ordinance, that ye commit not any one of these abominable customs, which were committed before you, and that ye defile not yourselves therein: I am the LORD your God.”

What are the Judgments for committing these Sexual Abominations?

J1 – the nations (Gentile/heathen) are **DEFILED and CAST OUT BEFORE YOU**

J2 - the **LAND** is defiled and Yahweh will VISIT (punish/do judgment) iniquity upon it. The **LAND** vomiteth out these wicked **INHABITANTS**

J3 – the soul who commits these abominations will be **CUT OFF (eternally lost)**

Key Word Study:

Key Word	Strong's Number	Hebrew Word	Meaning
ABOMINATION	H8441	tô'êbah	something <i>disgusting</i> (morally), that is, (as noun) an <i>abhorrence</i> ; especially <i>idolatry</i> or (concretely) an <i>idol</i> : - abominable (custom, thing), abomination (from the root meaning: “To loathe, detest, abhor”)
CONFUSION	H8397	tebel	<i>mixture</i> , that is, <i>unnatural</i> bestiality: - confusion (from the root meaning: “to mix, confound, mingle...”)

Synthesis:

You must not have sexual intercourse with a man as you would with a woman; it is a detestable practice. You will not have sexual relations with any animal, becoming unclean by it. Nor will a woman present herself before an animal to mate with it; it is a perversion.

Warning against uncleanness and moral pollution

Do not make yourselves unclean in any of these ways because that is how the nations that I am throwing out before you became unclean. That is also how the land became unclean, and I held it liable for punishment, and the land vomited out its inhabitants.²⁶ But all of you must keep my rules and my regulations. You must not do any of these detestable things, neither citizen nor immigrant who lives with you (because the people who had the land before you did all of these detestable things and the land became unclean), so that the land does not vomit you out because you have made it unclean, just as it vomited out the nations that were before you. Anyone who does any of these detestable things will be cut off from their people. You must keep my requirement of not doing any of the detestable practices that were done before you arrived so that you don't make yourselves unclean by them; I Am Yahweh your God.

Cross References: [Lev 20:13](#); [1Ki 14:24](#); [Rom 1:26-27](#); [1Co 6:9](#); [1Ti 1:10](#); [Jude 1:7](#); [Jer 44:4](#); [Mat 15:18-20](#); [Mar 7:10-23](#); [1Co 3:17](#)

7th Commandment

These Statutes, and the prior ones from Leviticus 18, are about MORAL PURITY.

MORAL PURITY is having our physical drives under the full control of the Holy Spirit. Through the in-dwelling Grace of God, we are empowered to transform our physical drives into spiritual power. When this is accomplished, our influence and ministry on behalf of others will be a life-giving blessing, as God intended. "...As the Scripture hath said, out of his belly (innermost being) shall flow rivers of living water," (John 7:38). This is true moral freedom.

What does it Mean to be Morally Free?

ANSWER: "Moral freedom is not the right to do whatever you want. It is the (Heaven-given) power to do what you ought," ([Principles of Freedom](#), p3)

Perhaps one could accurately liken our physical desires to blasting wind. Unleashed and uncontrolled, these urges are totally devastating, the spiritual and emotional equivalent to a destructive tornado or hurricane. But, when brought under the Holy Spirit's control, those drives bring benefit and blessing to all we meet. Moral purity is victory over lust. Only in moral purity do we find true spiritual freedom.

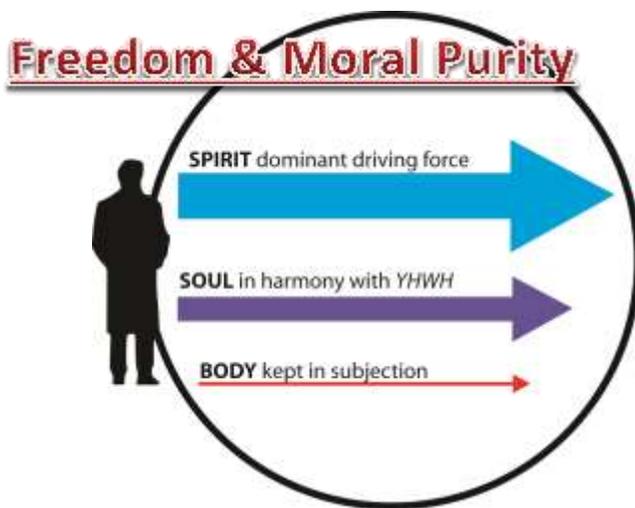
- **2 Timothy 2:22** "Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the LORD out of a pure heart."

- **Galatians 5:16-17** *“This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.”*

How do our Physical Drives (lusts) get out of Control in the First Place?

ANSWER: Our physical drives become dominant when our three basic drives are out of balance. Our three basic drives are spirit (spiritual), soul (mind, will, and emotions) and body.

- **1 Thessalonians 5:23** *“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Master Yahshua Christ.”*



Our spiritual driving force should be dominant, with our soul and body in harmony and under subjection to God's leading in our spirit.

SPIRIT DRIVING FORCE—should be the dominant driving force, possessed with the Holy Spirit.

Ezekiel 37:14 *“And shall put My Spirit in you, and ye shall live...”*

Proverbs 20:27 *“The spirit of man is the candle of Yahweh, searching all the inward parts of the belly.”*

SOUL DRIVING FORCE—in harmony with God

The Bible defines SOUL as mind, will, and emotions:

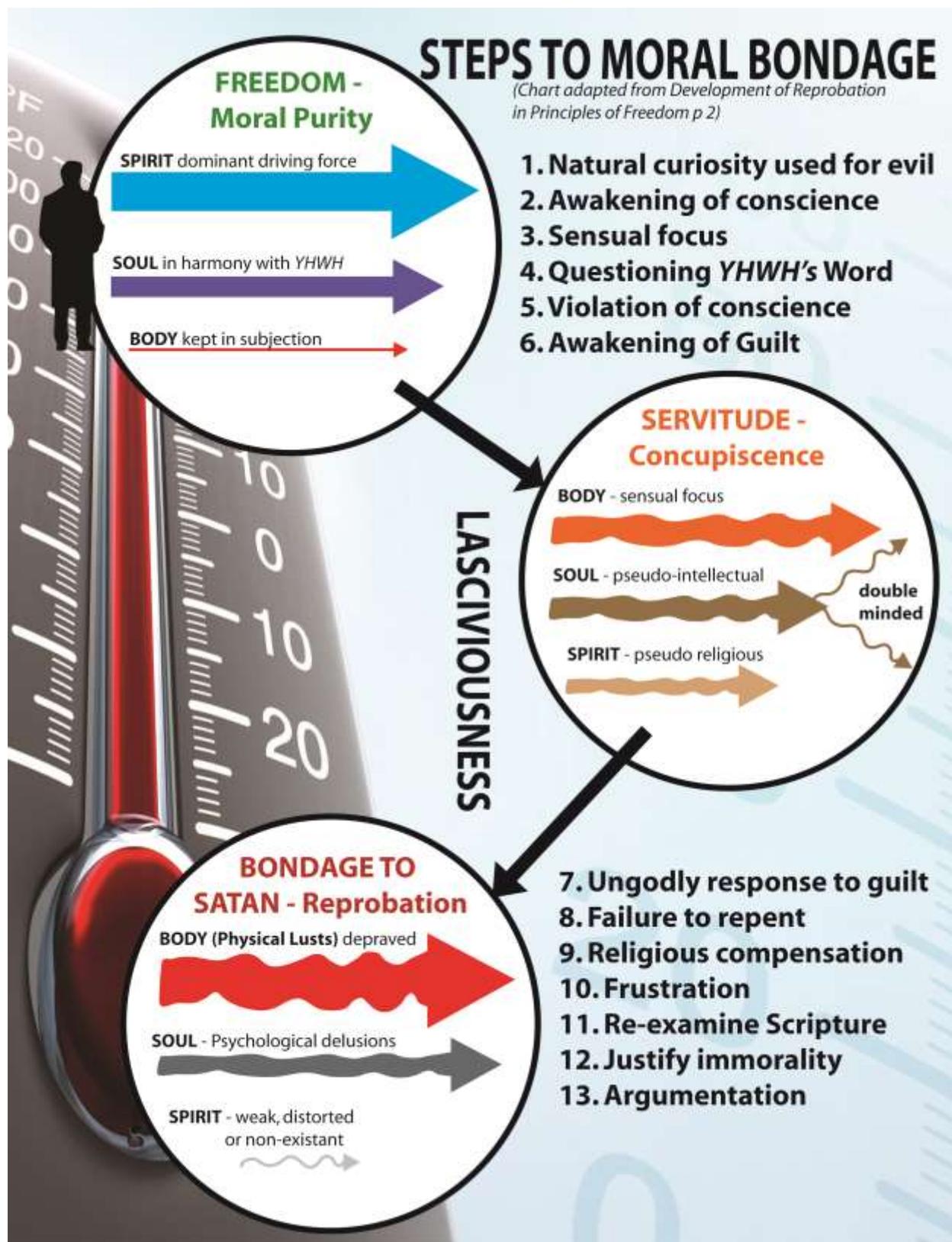
- **SOUL IS THE MIND** (What we KNOW) - **Psalm 139:14**— *“...my soul knoweth right well.”*
- **SOUL IS THE WILL** (What we DESIRE) - **Revelation 18:14**— *“And the fruits that thy soul lusted after...”*
- **SOUL IS THE EMOTION** (What we FEEL) - **Psalm 42:5**— *“Why art thou cast down, O my soul?...”*

PHYSICAL DRIVING FORCE—Kept under subjection

1 Corinthians 9:27 *“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”*

When our spiritual drives are dominant, the soul is in harmony, and the physical driving forces are kept under subjection; we are whole, healthy, and in balance. When we take steps down the path of reprobation, we become more and more physically driven and less and less spiritually motivated (see the diagram—next page).

“They profess that they know God; but in works they deny Him, being abominable, and disobedient, and unto every good work reprobate,” Titus 1:16.



What is Reprobation?

ANSWER: When our minds are fully reprobate, we can no longer comprehend spiritual things, nor discern Truth at all (see Romans 1:28).

Titus 1:15-16 *“Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled. They profess that they know God; but in works they deny him, being abominable, and disobedient, and unto every good work reprobate.”*

Jeremiah 6:30 *“Reprobate silver shall men call them, because God hath rejected them.”*

What does the Bible mean when it uses the word “reprobate?”

- In the Greek (New Testament Source), the word “reprobate” is Strong’s Concordance number 96:

—ἀδόκιμος (*ad-ok'-ee-mos*) - “unapproved, that is, rejected; by implication worthless (literally or morally): - castaway, rejected, reprobate.”

- In the Hebrew (Old Testament Source), the word “reprobate” is Strong’s Concordance number 3988:

— מַאֲסִי (maw-as') - “to spurn... abhor, cast away (off), contemn, despise, disdain, (become) loathe (-some)... reject, reprobate, utterly vile person.”

Thus, a reprobate person is unprincipled, depraved, and unable to discern evil. They are cast-off from God, rejected by Him and are not (in this condition) saved. Clearly, this is not a condition any of us should desire to be in!

4. How Do We Become Reprobate?

ANSWER: As is shown in the diagram on the previous page, full reprobation does not come upon us in single moment; there are steps we take to develop this terrible condition over time. Identifying and understanding these steps can protect us from taking them, and can also serve to help us prayerfully discern whether we are already somewhere on this terrible path.

REPROBATION STEP 1: Abuse of Natural Curiosity

We are born with curiosity. It is a very good thing, when kept under the control of the Holy Spirit. Curiosity allows us to learn more in Scripture, come to understand our Creator through His science, and much more. But, our curiosity is to be limited. Like Eve, in Eden, who could eat of any tree but one, we are to be curious about everything EXCEPT that which is evil. God wants us to know good, not evil (Romans 16:19). When we indulge curiosity about evil, we abuse this natural gift.

REPROBATION STEP 2: Awakening of Conscience

God speaks to us through our conscience to convict of moral wrong. Like an alarm system, the conscience is awakened whenever we approach evil or evil approaches us. You can recognize that your conscience has been awakened by a question which comes to mind: “Is this the right thing to do?”

The Bible tells about the Pharisees who brought a woman taken in adultery before Jesus to stone her? The Saviour simply wrote their secret sins in the temple dust. This aroused the conscience of the prideful Pharisees.

John 8:9 *"...being convicted by their own conscience, went out one by one..."*

There comes a point when curiosity will lead to the awakening of conscience. What we do next is critical. For if we listen to the Holy Spirit and turn away from the evil, we are delivered. But, if we look about us to see if we'll get caught, or work to think of reasons why the activity is okay after all, we take the second step towards reprobation. **There is no sin that you cannot rationalize away.**

REPROBATION STEP 3: Developing a Sensual Focus

When we rationalize away conviction against evil, we are working to gratify our flesh in some way. This develops a sensual focus (focused on gratifying our physical desires). Eve did this (James 1:13-14) when she saw that the forbidden tree was "good for food" (would satisfy her physical desires), and that it was pleasant to the eyes (lust of the eyes), and a tree to be desired to make one wise (in knowing evil—which is the pride of life). If we allow ourselves to look at what *God* has forbidden, or to imagine the potential enjoyment we'd have by partaking in it, we will fall prey to the temptation.

REPROBATION STEP 4: Questioning God's Word

Satan was able to tempt Eve to sin by getting her to question God's Word. We begin to doubt whether or not *God* really has our best interest at heart.

Genesis 3:1-5 *"...(The serpent) said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent... God hath said, Ye shall not eat of it... lest ye die. And the serpent said unto the woman, Ye shall not surely die...."*

REPROBATION STEP 5: Violation of Conscience

As we continue to focus on sensual gratification, our lust brings forth an act of disobedience to *God's* Law (which is the definition of sin, as it says in 1 John 3:4).

James 1:14-15 *"But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."*

As we listen to the tempter and partake of his wares, we are much like the foolish insect partaking of the nectar of the carnivorous pitcher plant. Perhaps he notices the partially dissolved insects floating in the digestive liquid far below. But, the fly thinks he is smart enough and strong enough to enjoy the nectar without paying the price. So he samples the attractive nectar greedily until he is full and ready to leave. Suddenly he becomes aware that he cannot fly away. Try as he might to escape, his attempts only bring him ever closer to the digestive juices awaiting him in the bell of the insidious pitcher plant. He is trapped!

Similarly, as we sample the devil's tempting wares, we become enslaved. We unwittingly become the servants of sin, shackled by the enemy. Such is the price for dallying with the devil.

Romans 6:16 *"Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?"*

REPROBATION STEP 6: Awakening of Guilt

When Adam and Eve had partaken of the forbidden fruit, the Bible says that their "eyes were opened" and they "knew that they were naked." Thus they were ashamed and hid themselves from God (Genesis 3:7-8).

Physical pain serves to let us know that damage is being done to us, bodily. God uses guilt to let us know when we are damaging ourselves, spiritually. When under the conviction of the Holy Spirit, if we truly repent, as David did in Psalm 51, we will be cleansed of our sins and reclaimed from the path of reprobation. But if we choose to justify our sins or blame someone else (like Adam and Eve—Gen. 3:12-13), we become increasingly unable to discern our need. **Like a leper, no longer able to feel pain, justified sin increasingly deadens our perception of guilt.**

REPROBATION STEPS 7-13: Continued & Deepening Reprobation

As we persist on the path of evil, we will attempt to ease our guilt by:

- Compensating for it with apparent religious fervor, acts of ministry, and impressive servitude.
- Deadening it by re-evaluating the Scriptures and twisting them to mean whatever we want them to mean, just so we make the Bible justify our ungodly choices.
- Becoming argumentative with others who we perceive to hold a "legalistic" or "narrow-minded" viewpoint of Scriptures.

What are Lasciviousness & Concupiscence?

ANSWER: When we stir up ungodly physical desires the Bible calls it lasciviousness (see 2 Corinthians 12:21, Galatians 5:19) **Lasciviousness becomes concupiscence, a condition about midway through in the development of reprobation. Concupiscence is a strong, ungodly desire, a burning lust.**

1 Thessalonians 4:4-5 *"That every one of you should know how to possess his vessel in sanctification and honour; Not in the lust of concupiscence, even as the Gentiles which know not God."*

Many Christians wrongly assume that if they just indulge in a little bit of lust, it will satisfy the ungodly desire. But, actually the opposite happens. The more a lust is fed, the hotter it burns, like a fire being fed with gasoline. The more it is indulged, the deeper the depravity and the further the development of reprobation.

Romans 1:27-28 *"And likewise also the men, leaving the natural use of the woman, **burned in***

their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompense of their error which was meet. And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient.

How can the Fire of Lust be Quenched?

ANSWER: One cannot put out the fires of lust by indulging them. They can only be quenched through Heaven's Living Waters:

- Baptism by water and the Spirit —John 3:5
- Daily washing our souls with the Water of the Word —Ephesians 5:26

What are Consequences of Concupiscence?

ANSWER: The Bible warns of several damaging fruits which result from continued concupiscence. Consider the fruits of pornography.

CONSEQUENCES OF BEHOLDING PORNOGRAPHY

- Your marriage is damaged by committing adultery—Matthew 5:28
- You promote prostitution by engaging in lasciviousness for hire—2 Peter 2:14
- You sow seeds of destruction to your own flesh—Galatians 6:7
- You bring a curse of increased violent crime in the land—Leviticus 19:29
- You dull your spiritual perceptions, grieving the Holy Spirit—Galatians 5:17

What Steps can I Take to Conquer Sinful Habits and Overcome Sinful Strongholds?

ANSWER: There are eight steps (once a person has been baptized) to conquering sinful habits and overcoming sinful strongholds.

1. **Receive a Biblical anointing over the lustful areas in your life.** (For details on a how to receive a Biblical anointing, see our booklet titled: **Keys to Living Like You've Been Saved.**)
 - **James 5:13-16** *"Is any among you afflicted (are there any areas where the devil is destroying you)? Is any sick (mentally, physically, emotionally, or spiritually sick) among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the Name of the Lord. And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed..."*

2. Engraft Romans 6 and 8. (For details on a how to engraft Scripture, see the [Christian Living Study Guide 2: "Keys to Finding True Success in Your Life."](#))

- **James 1:21** *"Wherefore lay apart all filthiness and superfluity of naughtiness, and **receive with meekness the engrafted Word**, which is able to save your souls."*
- **Psalm 119:11** *"Thy Word have I hid in mine heart, that I might not sin against Thee."*

3. Meditate on the Scripture Day and Night. To meditate, put the Scripture in the first person (put your name, or "I" in the verses). As you meditate on Romans 6 and 8, these passages will become part of your desires, thinking, and feelings. As you do, the promised fruit of these verses will become yours: **Romans 6:4** *"...Sin shall not have dominion over you..."*

4. Think of yourself as Dead to the Attraction of the Sin. A dead person cannot lust after a woman. If you were literally dead, your eyes and ears would not respond to a temptation at all. A dead man does not follow a scantily clad woman with his eyes. There is no flirtation coming from a dead man. Nor would sensual images of the woman be in the mind of the corpse. This is how God wants you to be to sin, spiritually.

- **Romans 6:11-12** *"Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God... Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof."*

5. Make no Provision for Sinful Habits. Remove any items of temptation from your home. Choose not to go to locations where you are certain to be tempted. For example, an alcoholic cannot keep liquor in the house. Nor should he go to the bar with his old drinking buddies, with the plan to just sip a 7-Up! We cannot hope to have victory over sin, while we are still making such provisions for the "flesh" to thrive.

- **Romans 13:14** *"But put ye on Yahshua Christ, and make not provision for the flesh, to fulfill the lusts thereof."*

For the committed Christian, the focus will not be on how close we can come to the line without crossing from "righteousness" into worldliness, rather we will focus on how close we can get to our Saviour.

6. Compare the Law of Sin to the Law of Gravity. The idea of overcoming sin seems very difficult, maybe even impossible, when we consider our carnal nature. Paul described the condition of warring between the Law of Sin and the Law of God in Romans 7.

- **Romans 7:21-25** *"I find then a law, that, when I would do good, evil is present with me. For I delight in the Law of Yahweh after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! Who shall deliver me from the body of this death? I thank God through Yahshua Christ our Master. So then with the mind I myself serve the Law of God; but with the flesh the law of sin."*

But it is wrong thinking to believe that the law of sin cannot be overcome. In the late 18th and early 19th centuries, man seemed fixated on the desire to fly. There were hot air balloons, airships and flying machines of various sizes and shapes. But at first, they all had one thing in common: if they got off the ground at all, they could only remain airborne for a short amount of time and distance.

The law of gravity could not be lastingly conquered until mankind discovered another law: the law of aerodynamics. Man discovered that the previously unconquerable law of gravity could be overcome while abiding by the aerodynamic law.

Like the law of gravity, the law of sin can be overcome by putting out God's spiritually "aerodynamic wings." To spread these wings in temptation we only need to use the Heavenly Weapons (see below) until the temptation lifts. Like a bird spreading out his wings, we'll be able to fly, defeating the law of sin, in the Saviour's power. (See Romans 8:2-4).

- Rebuke Satan in Christ's Name & Blood (Jude 1:9, Matt. 16:23, Acts 16:18)
- Pray for Heavenly help over the temptation (Psalm 91:11)
- Quote a Scripture (like Rom. 6 or 8) against the temptation—(2 Peter 1:4)
- Sing songs of praise to God—**Power in the Blood** and **Yahshua Loves Me** are excellent warfare songs (1 Chronicles 16:8-10)
- Read Scripture aloud until the temptation passes (Ephesians 6:10-18)
- Speak specific praises to God—aloud (Psalm 105:2-3)
- Share your testimony with someone (Revelation 12:11).

([Keys to Living Like You've Been Saved](#), p 29)

Romans 8:2-4 *"For the law of the Spirit of life in Jesus Christ hath made me free from the law of sin and death. For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the Law might be fulfilled in us, who walk not after the flesh, but after the Spirit."*

7. Be Accountable to Heaven-given Authorities for Victory. With discretion, tell your spouse, parent, or a trusted prayer partner of the area of moral weakness in your life. Ask them to pray with you daily and give account to them of the progress in overcoming sin.

- **Hebrews 3:13** *"But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin."*
- **James 5:16** *"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."*

Not only are we strengthened by other's godly exhortation and prayers, we also are humbled and delivered from pride.

- **Proverbs 28:13** *“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.”*

8. Yield Your Members as Instruments of Righteousness. Considering yourself dead is not enough, if that is all you do. Simply being dead is neutral, without emotion or thought. But, we are to do more than neutralize temptation; we are to move into the realm of the positive with the development of that which is good. Rather than abstaining from sin, EXERCISE your body members toward righteousness. Live with the intent of glorying *God* in all that you do. This is the eighth and last step to conquering sinful habits and overcoming sinful strongholds.

- **1 Corinthians 10:31** *“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”*