



Run the Race

Marked Out for You

Part 3

Hebrews 12:1 - 2

¹Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

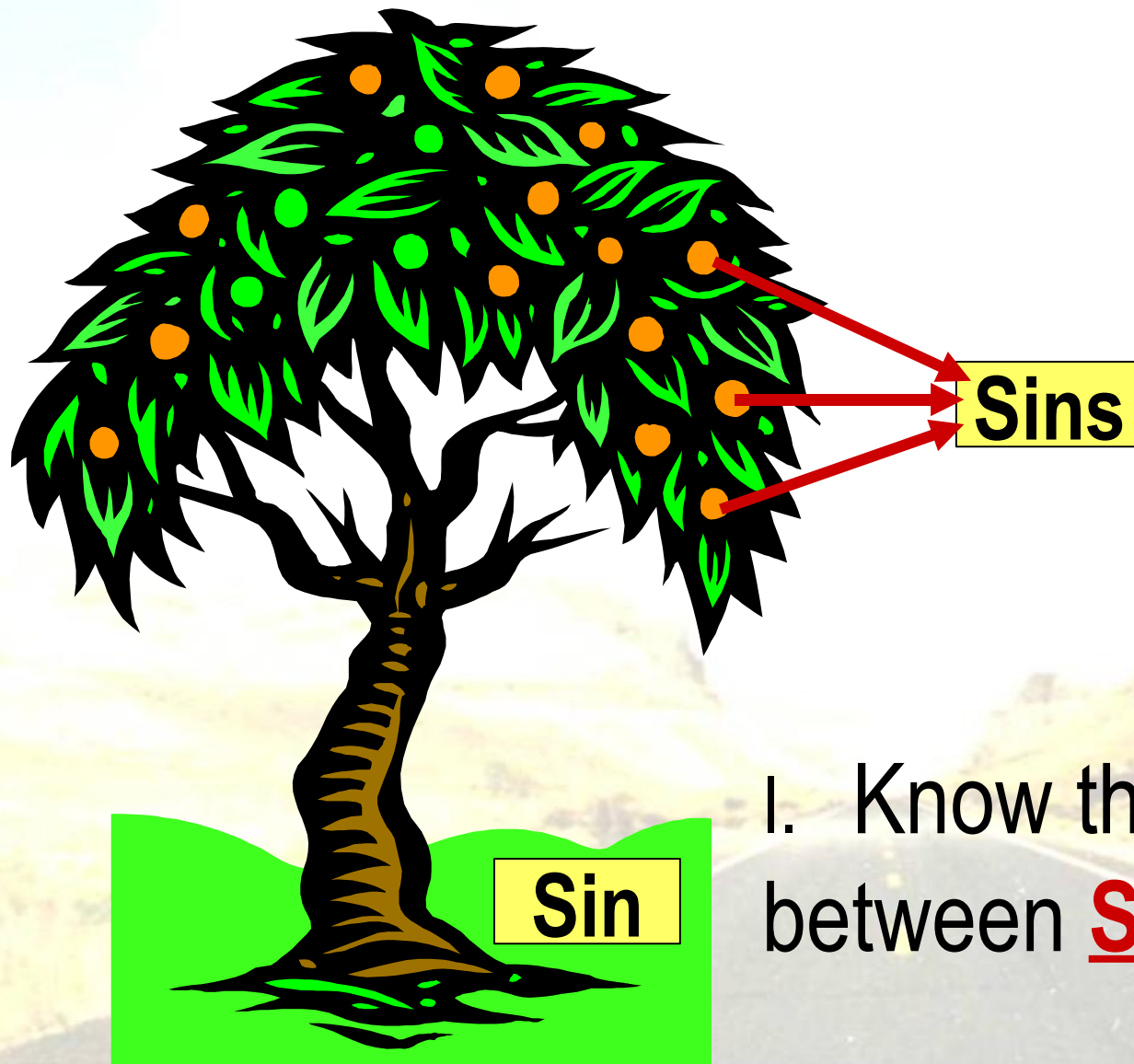
Hebrews 12:1 - 2

²looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Principles to help us:

Deal with the Sin that Entangles





1. Know the difference between SIN and SINS

1. Sin is our Nature, our Natural Life that is fallen.

This is our self-life also known as

our soul-life

our sinful nature

our carnality

our flesh

our natural life

Psalm 51:5

Behold, I was brought forth in iniquity,
and in sin my mother conceived me.

Romans 7:14b; 18a; 20b

¹⁴... but I am carnal, sold under sin.

¹⁸For I know that in me (that is, in my flesh)
nothing good dwells ...

²⁰... it is no longer I who do it,
but sin that dwells in me.

2. Sins are the **Acts** that we commit that **Violates** the Laws of God.

There are Acts of **Commission**.

Galatians 5:19 - 21a

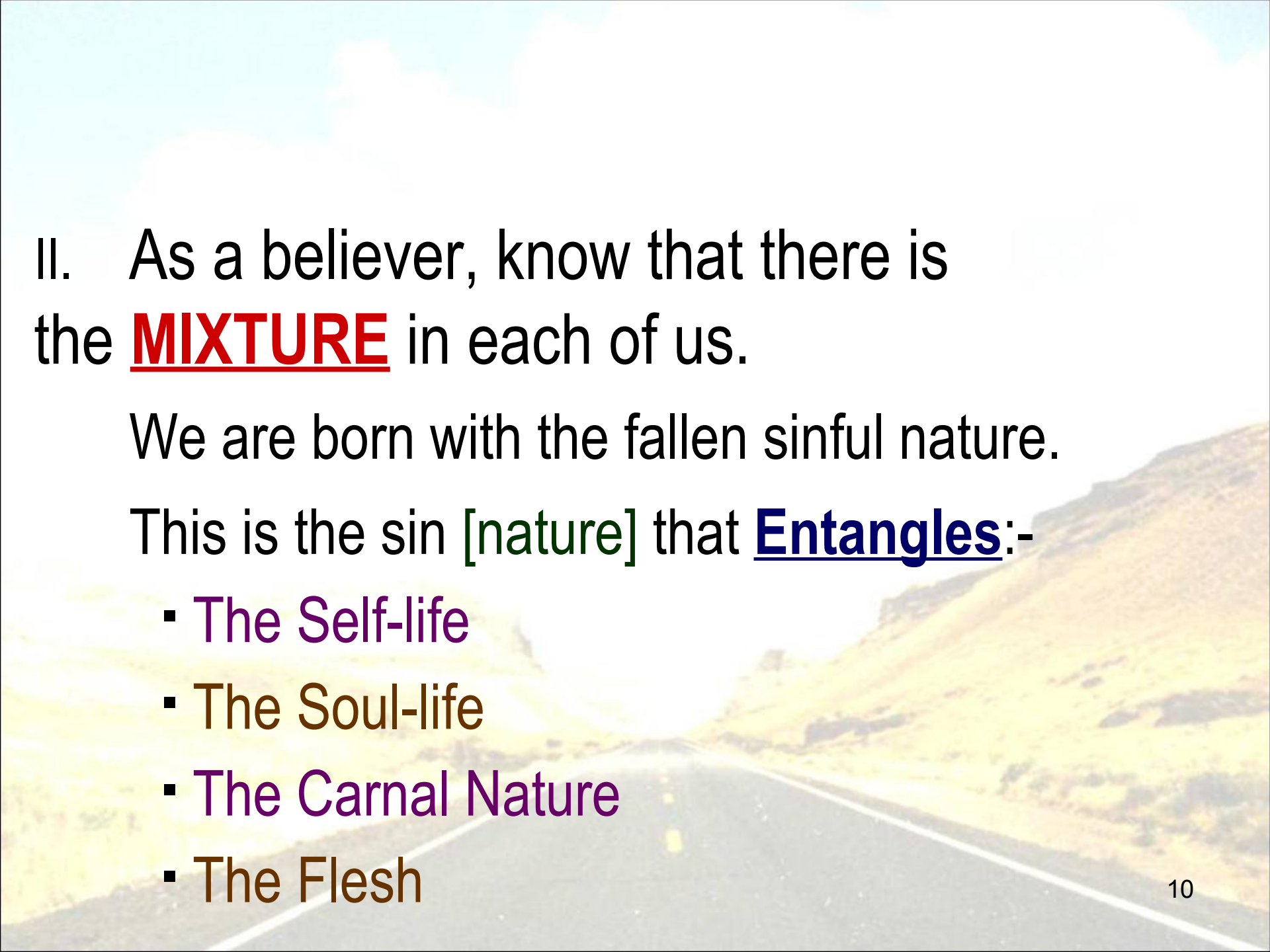
¹⁹The **acts of the sinful nature** are obvious:
sexual immorality, impurity and debauchery;
²⁰idolatry and witchcraft; hatred, discord, jealousy,
fits of rage, selfish ambition, dissensions, factions
²¹and envy; drunkenness, orgies, and the like. ⁸

3. Sins are also the acts that we should have done but **Failed** to do so.

In this case, sins are Acts of **Omission**.

James 4:17

Anyone, then, who knows the good he ought to do and doesn't do it, **sins**.



II. As a believer, know that there is the **MIXTURE** in each of us.

We are born with the fallen sinful nature.

This is the sin [nature] that **Entangles**:-

- The Self-life
- The Soul-life
- The Carnal Nature
- The Flesh

II. As a believer, know that there is the **MIXTURE** in each of us.

When we are born again,
there is another life birthed in us.

2 Corinthians 5:17

Therefore if any man is in Christ,
he is a new creation ...




II. As a believer, know that there is the **MIXTURE** in each of us.

a. There is the **NATURAL LIFE**

- sinful nature
- old man
- corrupt
- soulish
- carnal flesh

b. And there is the **SPIRITUAL LIFE**

- the Christ Life
- the Holy Spirit dwelling in us



We are to deal with the sin that **Entangles**.
This is the **Tension** between our fallen sinful nature and the new life of Christ in us.

90% of problems in relationships
are due to the flesh.



How shall we respond?

**How do we live a
victorious life?**

III. Know the 2 **REMEDIES** God has provided.

1. The remedy for sins is the **Blood** of Christ.

- The **Blood** cleanses us from all sins.

1 John 1:9

If we confess our **sins**, He is faithful and just to **forgive** us our sins and to **cleanse** us from all unrighteousness.



III. Know the 2 **REMEDIES** God has provided.

1. The remedy for sins is the **Blood** of Christ.

a. This is to restore the **Fellowship**
of our **Relationship** with God.

b. The **Position** of the relationship
is unchanged but the **Fellowship**
of the relationship is affected.

b. The **Position** of the relationship is unchanged but the **Fellowship** of the relationship is affected.

Examples of relationships:-

- **Husband & Wife**
- **Parents & Children**
- **Fellow Believers in CG, etc.**
- **The difference between roles / position and the actual state of the relationship.**

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- III. Know the 2 **REMEDIES** God has provided.
2. The remedy for the **Sin Nature** in us is **Death**
i.e. **The sinful nature / flesh must die**

Galatians 5:24

And those who are Christ's have **crucified**
the flesh with its passions and desires.



The **CROSS** deals
with the sin nature in us.

Why must the flesh
- sin nature in us
die?



a. This is because the flesh
is HOSTILE to
God and cannot PLEASE
God.

Romans 8:7

Why must the sin nature / flesh die?

b. The **FLESH** profits **NOTHING**. John 6:63

c. The sin nature is corrupt and cannot be **TRANSFORMED**.

The sin nature must be crucified
and put to death!



How?

IV. How do we die to the sinful nature?

A. This is the working out of the process of

Luke 9:23

1. Deny Self-Life
2. Take up our Cross daily
3. Follow the Lord Jesus.

This is Intentional DISCIPLESHIP

1. Deny Self-Life. Our self-life are :

our self-justification | our insecurity | our self-defense

our ways | our cleverness | our self-love

our human arguments | our low self-esteem

our low self-image | our deep emotion | our opinions

our strong-minds | our forceful will

1. Deny Self-Life. Our self-life :

cannot keep a rein
on our critical spirit

continue in jealousy
and envy

cannot stop comparing ourselves better than others

cannot stop beating ourselves down into self pity

cannot stop boasting
in our flesh

cannot control
our tongue

1. Deny Self-Life.

Romans 6:11

Reckon yourself dead to sin (*the sinful nature*) ...

i.e. do not react; do not respond according to the sinful nature.

e.g. 1 - taking revenge

e.g. 2 - keeping a record of wrongs

e.g. 3 - nursing offenses



2. Take up our **Cross** daily.

a. The cross means crucifixion and death to our **self**-life.

b. Our cross is not the Cross of **Christ**.

c. Our cross is not our **sister's or brother's** cross.

d. Our cross is unique and a **personal** one.



2. Take up our **Cross** daily.

e. Our cross are:-

i. The **PEOPLE** that cross our paths.

ii. The **CIRCUMSTANCES** that we are in;

that invokes the **Sin**-nature in us which must be crucified and dead.

2. Take up our **Cross** daily.

2 Corinthians 4:10 - 11

¹⁰**always carrying** about in the body
the **dying** of the Lord Jesus, that the **life of Jesus**
also may be **manifested** in our body.

¹¹For we who live are always delivered to death
for Jesus' sake, that the **life of Jesus** also
may be **manifested / evidenced** in our mortal flesh.

3. Follow the Lord Jesus.

This means:-

- We obey the Word of God and the leading of the Holy Spirit in us.
- We bring all our plans, thoughts, decisions, ideas, responses ...
 - under the Lordship of Christ,
 - under the instruction of the Holy Spirit.

3. Follow the Lord Jesus.

Galatians 5:16, 18

¹⁶ ... walk / live by the Spirit ...

¹⁸ ... led by the Spirit ...

a. Intake of the Word.

b. Be familiar with the inward witness -

the promptings and nudgings of the Holy

Spirit

IV. How do we die to the sinful nature?

B. This is also the Application of

Proverbs 3:5 - 6

⁵Trust in the Lord with all your heart
and lean not on your own understanding;
⁶in all your ways acknowledge him,
and he will make your paths straight.

IV. How do we die to the sinful nature?

B. This is also the Application of

Proverbs 3:5 - 6

i.e. - Total Dependency on GOD.

- Trust GOD 100%.

- Acknowledge GOD 100% in all
our ways.

IV. How do we die to the sinful nature?

C. By the operation of the Law of **Spirit of Life** over the law of sin and death.

There are 3 **Laws** operating in the believer:-

a. The law of **Sin** and **Death**.

b. The law of the **Mind / Will**.

c. The law of **Spirit of Life**.



IV. How do we die to the sinful nature?

C. By the operation of the Law of **Spirit of Life** over the law of sin and death.

Romans 8:1 - 2

For the **law of the Spirit of life** in Christ Jesus has made me free from the **law of sin and death**.

C. By the operation of the Law of **Spirit of Life** over the law of sin and death.

Law of
Sin & Death



Law of Gravity

Law of the
Mind



Law of Will

Law of the
Spirit of Life



Law of
Aerodynamics

C. By the operation of the Law of Spirit of Life over the law of sin and death.



Romans 8:6

⁶For to be carnally minded
is death,
but to be spiritually minded
is life and peace.

CONCLUSION

Galatians 2:20

I have been crucified with Christ;
it is no longer I who live, but Christ lives in me;
and the life which I now live in the flesh
I live by faith in the Son of God,
who loved me and gave Himself for me.

Root of the Sin that entangles = **Unbelief**