

Standing
Strong In Christ



Laying Aside
Besetting Sins

PUT OFF, RENEW, PUT ON

Christians often fail to change their life-controlling problems because they try to change them solely by breaking bad habits. However, change that lasts will not take place until one replaces the bad habit with a godly habit (Ephesians 4:22-24). This process of change is described in the Bible by the terms **Put Off, Renew and Put On.**

“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking 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 is set down at the right hand of the throne of God. For consider Him that endured such contradiction of sinners against himself, lest you be wearied and faint in your minds.”

Hebrews 12:1-3 is a powerful portion of Scripture. Gaining victory over habitual wrongdoing takes commitment and perseverance. It is a little like acquiring a black belt. We need to keep on keeping on trusting the Holy Spirit to ***“work in us both to will and to do of His good pleasure.”*** (Phil. 2:13)

Contaminated, shame-based thinking comes from our adversary, the prince of this world. Knowing who we are IN Christ Jesus the Lord powerfully empowers us to have His thoughts about our temptations and trials. Knowing that our spirit resides in Christ and that His Spirit resides within our spirit provides us the privilege to have God’s thinking about our difficult situations and temptations (Romans 6:11-14, 16-19).

GRACE MARTIAL ARTS BIBLICAL EXAMPLE: Put Off, Renew, Put On

† Board Breaking -- Pride vs. Humility -- Stealing vs. Giving

† Commitment to Reading, Prayer and Memorizing Scripture

PROCESS OF CHANGE

It is not enough for an habitual thief to tell God that he is sorry every time he steals. For true change to take place, the thief must put off stealing and become an habitual laborer and gift-giver. Ephesians 4:28 says, ***“Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.”***

It is not enough to **Put Off** the old man. We must also **Put On** the new man for true and lasting change to take place. Nature abhors/resists a vacuum. So does natural man. We are being renewed when our desires are motivated by the Holy Spirit working in us. Our attitudes and thoughts become more Christ-like. 2 Corinthians 5:14 & 15 says, ***“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.”***

Each time we choose to replace a sinful desire, attitude or thought with a Biblical one, our thinking is being renewed. This inner renewal leads us to **Putting Off** the old way of life and **Putting On** a new way of life that is pleasing to God. This is a process that takes time and the exercise of our will in the power of the Holy Spirit. Avoiding certain people, places and things also helps to keep our emotional and physical triggers from becoming habitual wrongdoing or addiction traps.

Romans 8:1 tells us, ***“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”*** There is NO condemnation, WOW!

GRACE MARTIAL ARTS BIBLICAL EXAMPLE:

- † Christ-centered Routines, Perfect Practice Makes Perfect
- † Physically-Centered Routines (The Tiger Form) R. To R. Wrist Escape and Counter

FREED FROM LIFE-CONTROLLING PROBLEMS

Why does the addiction to wrongdoing seem to be triumphant? Sin indulgence has great power over our flesh. It is deep inside our earthsuits. It affects our flesh, our mind and our emotions. The reason that our sins so easily beset us is that they have awesome power, strength and force within our flesh. They exert strong influence on our minds, emotions and wills. Proverbs 23:7 says, "***As a man thinketh in his heart, so is he.***" Sin exerts strong influence on our emotions. It exerts strong influence on our affections.

Galatians 5:17 says, "***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.***" The flesh is a captured enemy of our adversary. He exerts tremendous power and strength against our flesh. He is a very powerful force. He finds our flesh to be a very willing supporter, a very receptive environment. The sin in our flesh easily entangles us because it is deep within us. It forces its way, both from the outside inwardly and from the inside outwardly. In fact, sin is in our innermost being.

The conflicts stemming from our history in Adam will go on plaguing and defeating us if we continue using the methods we learned in our old self-lives. But, when, by faith, we take our rightful place at the cross, in union with Christ's death and resurrection, then and only then can we truly ***walk in newness of life***. When we know by faith, truly believing, that we were crucified with Christ, we will be set free from the "monkey trap" of trying to live the Christian life in our own strength.

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

† UNBENDABLE ARM EXAMPLE (NOT USING PHYSICAL STRENGTH)

† The Key is the Holy Spirit Powerfully Renewing Our Mind.

SEATED IN THE HEAVENLIES

In Romans 7:24-8:1, the Apostle Paul is straightforward and transparent. He tells us that the key to overcoming the flesh is to **“WALK IN THE SPIRIT.”** ***“Wretched man that I am! Who shall deliver me from the body of this death? I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin. There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”***

When Christ comes into our spirit, we exchange our history in Adam -- the bad news -- for the good news -- our eternal history in Christ. We inherit a new "family tree." We become participants in His death, burial, resurrection and ascension and are seated in the heavenlies (***Romans 6:3-6; Galatians 2:20; Ephesians 2:6; Colossians 3:1-4; 2 Corinthians 5:14-17; 1 John 5:11-13***).

Ephesians 4:22-24 describes the Biblical process of change. ***“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.”***

This speaks of an inner renewal. The ***“spirit of your mind”*** is the inner person -- the core of our being: our motives, desires, attitudes and thoughts. It is that inner disposition of the heart which influences our outer behavior, actions, reactions, choices, decisions and words. ***“Keep thy heart with all diligence; for out of it are the issues of life.”*** (Proverbs 4:23) The Scriptures teach that sin begins in the heart and works outward. A change in behavior begins with a change in the heart's/mind's thinking.

Ladder Lettering Visual Presentation

† Bad News

† Good News

SEVEN PRINCIPLES FOR VICTORY OVER BESETTING SINS

NUMBER ONE: *MOST IMPORTANTLY, WE ALL NEED TO REALIZE THE SERIOUSNESS OF OUR SIN.* The major reason we do not deal with our failings strongly and firmly is because we underestimate the seriousness of wrongdoing to God, to ourselves, to those with whom we fellowship and to the unbelievers. We look at our lives and, generally speaking, we are overwhelmingly distressed about our afflictions, calamities, hardships, miseries and mental sufferings, but we are extremely tolerant about our transgressions. Our wrongdoing steals our joy. Our wrongdoing ruins fellowship with God. It diminishes fruitfulness. Our wrongdoing robs us of peace. Our offense lessens our effectiveness in evangelism. Our failing hinders our prayers. Our wrongdoing often brings serious discipline from God.

So, choosing to remain in our sin seriously violates our relationship with the Lord Jesus Christ and our relationships with significant others. It distorts our personal identity with Christ. James 4:17 says, "Therefore to him that knows to do good, and doeth it not, to him it is sin."

NUMBER TWO: *WE NEED TO COMMIT OUR HEARTS AND MINDS TO GOD, THAT WE WILL WALK IN THE SPIRIT BY SAYING, "GOD, I DO NOT WANT TO SIN.* I do not want to break Your law. I do not want to grieve Your Spirit. I do not want to dishonor the name of Your Son which I bear." The Holy Spirit brings our pledge of commitment to our memory and will empower us.

Until we make a conscious commitment to the Lord, we are going to battle the same things over and over and be continuously defeated by the sin that dwells within our earthsuits. It has been said that, "***We only truly believe that which activates us!***"

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

- † Commitment to Routinely Practicing Physical Skills & Forms
- † Commitment to Knowing Christ and Making Him Known

VICTORY OVER BESETTING SIN INSIDE US

NUMBER THREE: BE SUSPICIOUS OF YOUR OWN SPIRITUALITY.

"Let the one who stands take heed lest he fall." (1 Cor. 10:12)

Job said that he had made a covenant with his eyes. How, then, could he gaze on a virgin? He said that he must be careful where he looked because he did not trust himself. We must start with what we see, because we surely cannot trust ourselves. The battle over the *"lust of the flesh, the lust of the eyes and the pride of life"* is won or lost at the threshold of our minds.

Proverbs 4:23 says, "Watch over your heart with all diligence, for out of it are the issues of life." Our hearts, according to Jeremiah 17:9, are very deceitful. "The heart is deceitful above all things, and desperately wicked: who can know it."

MOSES' EXAMPLE OF NOT TRUSTING IN HIS OWN STRENGTH

(Exodus 33:13-15)

Moses said unto the LORD, ***"Now, therefore, I pray thee, if I have found grace in thy sight, show me now thy way, that I may know thee, that I may find grace in thy sight: and consider that this nation is thy people." Then God said, "My presence shall go with thee, and I will give thee rest." Moses said unto the LORD, "If thy presence go not with me, carry us not up hence."***

The seducing emotions of our own hearts sometimes can rise out of the moments of our most focused spirituality. We need to consider being suspicious of our commitment to walking in the Spirit. We need the Spirit of the Lord to go before us.

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

(PUTTING ON THE FULL ARMOR OF GOD)

1st Zone: Close Range, ***Control & Counter with the Word of God***

2nd Zone: Medium Range, ***Evade & Eliminate the Adversary***

3rd Zone: Long Range, ***Command & Control Position***

“THANKS BE TO GOD, WHICH GIVES US THE VICTORY...”

NUMBER FOUR: THE KEY PROCESS OF “PUTTING OFF,” THAT IS PUTTING AWAY OF OUR INDULGENT DESIRES, IS THE “PUTTING ON” OF THE NEW MAN’S RENEWED THINKING. The battle of besetting sin is won or lost at the threshold of the mind. Every kind of habit or addiction is won or lost at the beginning of the thought process. We want to stop sin at the point of conception, not try to stop it at the point of birth. James 1:14 says, ***“But every man is tempted when he is drawn away of his own lust and enticed. Then when lust has conceived, it brings forth sin.”***

There is a vicious cycle that an addictive behavior follows. Before an addictive indulgence is birthed, it runs through a certain period of pregnancy within us. Trying to stop it at birth is nearly impossible! It comes to us promising many kinds of fleshly pleasures. Being renewed in the spirit of our minds emphasizes intense repetition until the former characteristics and conduct are **“put off.”** That process is accomplished through the renewing of the mind with the Word of God!

NUMBER FIVE: MEDITATE ON THE WORD. Psalms 37:31 says, ***“The law of his God is in his heart; His steps do not slip.”*** When a heart is controlled by the Word of God, the footing is secured (Eph. 6:10-18). I remember in my early conversion to the Gospel of Christ learning Psalm 119:9 & 11. ***“How can a young man keep his way pure?”*** Through a constant relationship/input with the Word of God and the Body of Christ our “stinking thinking” is transformed by the power of the Holy Spirit working in us and through us uniquely as us. **“THANKS BE TO GOD, WHO GIVES US THE VICTORY.”**

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

† (Put Out the Spark) Move When your Attacker Moves.

† (Put Off - Put On) Replace “Stinking Thinking” with God’s Thinking.

PUT ON THE WHOLE ARMOR OF GOD

NUMBER SIX: PUT ON THE WHOLE ARMOR OF GOD AND STAND FIRM IN THE MIDST OF OUR SPIRITUAL BATTLES. We are told in Ephesians 6:10-18 that the armor includes the following pieces:

BELT OF TRUTH: One of Satan's greatest offensive tactics is to deceive us. He is the "*father of lies.*" (John 8:44) With the belt of truth around our waists, we are prepared to **Put Off** Satan's lies and to **Put On** God's Belt of Truth!

BREASTPLATE OF RIGHTEOUSNESS: Covers our hearts and other vital organs. The breastplate covers the most vulnerable areas of a warrior. The righteousness that guards a believer's heart is the righteousness of Christ (2 Corinthians 5:21).

FOOTWEAR OF THE READINESS OF THE GOSPEL: Our feet are to be fitted with the readiness that comes from knowing the Gospel of Peace. We experience the peace Christ promised in and through the Word of God (John 14:27).

HELMET OF SALVATION: A helmet protects the brain. It symbolizes restoring right thinking to our minds. It is because of salvation that our minds can be sound. The Word of God assures us of our eternal destiny. Our minds are protected because of the Lord Jesus Christ's work on the cross.

SWORD OF THE SPIRIT: The sword is the one offensive weapon in the list. We are told, "*For the word of God is living and active, sharper than any double-edged sword. It penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*" (Hebrews 4:12)

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

Bible Study: Prepares us to handle life-dominating encounters

Sword Study: Prepares us to handle physical encounters. *Sucker Punch From Behind*

WATCH AND PRAY SPECIFICALLY

NUMBER SEVEN: *ANTICIPATORY PRAYER MAY BE THE MOST EFFECTIVE PRAYER. Jesus said to His disciples, "Watch and pray, for you know not when you are going to enter into the hour of temptation." (Mark 14:28)* After all of the armor is put on in the battle against Satan and all of his forces, God says that we cannot fight the enemy from within our flesh to win the battle without the Holy Spirit's interceding for us. When we engage the enemy, we must pray for Christ's protection, His insights and the Holy Spirit's intercession.

We need to consider starting our day, "**Lord, this is the day you have made. I need You to live Your Life in me and through me as me. You taught us to pray, 'Lead us not into temptation and deliver us from evil.' Lord, please, lead me away from temptation, please, today, Lord, deliver me from evil.**" We need to set the course of our prayers, before the tempter arrives to tempt the flesh and entices us to transgress.

Philippians 4:8 says, "**Finally, brethren, whatsoever things are TRUE, whatsoever things are HONEST, whatsoever things are JUST, whatsoever things are PURE, whatsoever things are LOVELY, whatsoever things are of GOOD REPORT; if there be any virtue, and if there be any praise, think on these things.**" It is the Holy Spirit in us, empowering our minds, emotions and wills to resist sin's subtleties and to oppose the first risings of the flesh's desires to please itself. The engrafted Word within our hearts gives us victory!

GRACE MARTIAL ARTS BIBLICAL EXAMPLE:

(ROUTINE = THE MOTHER OF SUCCESS)

Skill Practice: Front Choke Escape, **EVERYONE** Slowly & Correctly

Prayer Practice: **A.C.T.S = Adoration, Confession, Thanksgiving, Supplication**

LIABILITIES Fill in Blank										DAILY MORAL INVENTORY PRAYER TOOL (D.M.I.)										Assets Leave Blank																													
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40										
Self-Pity																																								Serenity									
Self-Righteousness																																								Humility									
Self-condemnation																																								Self-Value									
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Resentment																																								Forgiveness									
Denial																																								Admittance									
Worry																																								Trust									
Complying																																								Doing Your Best									
Projection																																								Accept Responsibility									
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Negative thinking																																								Positive Thinking									
False Guilt About Past																																								Accept Forgiveness									
Immoral Thinking																																								Godly Thinking									
Gluttony																																								Temperance									
Forgetting God																																								Communion with God									

HOW TO TAKE A DAILY MORAL INVENTORY (DMI)

Today well-lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. Let us look well to this day. Reserve a period of time everyday for Bible reading and prayer. This is a very important daily discipline routine, because it will set the course of your entire day. Select a secluded, quiet place where you can routinely commune with the Lord. This will become your **“PRAYER CLOSET.”**

Scan your D.M.I. carefully and prayerfully. Begin by marking column 1, top to bottom, and filling in any squares that indicate negative attitudes or leaving the square blank to indicate positive attitudes that represent your reactions to yesterday's events. The top columns do not represent calendar days, just the sequence of your personal inventory.

The D.M.I. is designed to help you identify negative and positive attitudes that you may have expressed through your thought and behavior yesterday. It is a mirror that provides insight to help get you in touch with your soul's relationships of the past 24 hours. Do not try to go back any further than 24 hours! If you do your D.M.I. honestly, it will give you valuable insights into **PRAYING SPECIFICALLY** about the attitudes that motivated your actions. You cannot change the past, but you can keep your past from contaminating the present and future. Be careful to look more at your own reactions and attitudes than looking at other people's failures and problems. The Bible says, ***“As a man thinks in his heart, so is he.”*** (Proverbs. 23:7)

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

† Demonstration of Jo-Jitsu - Quarter Staff (THE THIRD ARM)

† Do what you can, where you are, with what you have.

DAILY MORAL INVENTORY INSIGHTS VS. INFORMATION

Please, consider using a notebook to keep a daily journal to record the insights you glean from your doing your personal D.M.I. Date each entry. This is not a diary to record events from yesterday, but rather to preserve the insights that God reveals to you through the Holy Spirit about your transformation. Be as specific as you can in recording the impression that the Holy Spirit makes upon your heart.

1. Identify the specific behavior patterns that may be keeping you in bondage. Ask the Holy Spirit to show you any area of which you are not aware. Pray for His help to discern them.
2. Study God's Word to discover how He will direct you to overcome the adversary. James. 4:7 says, "***Submit yourselves, therefore, to God. Resist the devil, and he will flee from you.***"
3. Replace the adversaries lies with God's truth (**put off put on**). Confess any wrongdoing that the Holy Spirit reveals and receive God's forgiveness (I John 1:9, Ephesians 4:32).
4. Choose to forgive anyone who has wronged or wounded you. Forgive yourself. If you have anger toward God, release it and commit yourself to trusting Him in every area of your life.
5. Renounce any sin that has controlled you and close the door in any area where the enemy has gained entry. Ephesians 4:27 says, "*Neither give place to the devil.*"
6. Ask the Lord Jesus Christ to break specific, negative behavior and thought patterns and to replace those patterns with new, scriptural thought patterns (Philippians. 4:7-9).
7. Yield to the Holy Spirit. Allow Him to conform you into the image of Jesus Christ each day (Romans. 8:29).

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

Before Honor is Humility -- Yield & Overcome, Bend & Be Straight

PUT OFF PUT ON

Self- Pity John 21:3	SerenityPhilippians 2:4-7
Self- RighteousnessRomans 10:3	Humility James 4:6
Self- Condemnation ...1 Tim. 1:12-15	Self-Valuation 2-Corinthians 4:7
Being a Taker Colossians 3:23-24	Being a GiverEphesians 5:18-20
Lying Ephesians 4:25	Honesty Ephesians 4:15
ImpatienceJames 1:24	PatienceHebrews 10:36
Complaining Philippians 2:14	ContentmentHebrews 13:5
ResentmentHebrews 12:15	Forgiveness Ephesians 4:32
Denial 1-John 1:8-10	Admittance 1-John 1:9
Worry Philippians 4:6 -7	Trust Jeremiah 17:7
Projection Galatians 6:1	Accepting Responsibility Eph. 4:15
Complying 1 Corinthians 10:31	Doing Your BestColossians 3:23
ProcrastinationProverbs 10:5	Doing Things on Time Prov. 6:6-11
Being PhonyMatt 23:27-28	Being Real Ephesians 4:15
Negative Thinking James 1:5	Positive Thinking Philippians 4:8
Immoral Thinking 1 Cor. 7:2,5	Spiritual Thinking Colossians 3:1-4
False Guilt Philippians 3:13-14	Accept Forgiveness Ephesians 1:7
GluttonyProverbs 23:21	Temperance2-Peter 1:6
Forgetting God Isaiah 26:3	Communion With God1-John 1:3
Lack of love I John 4:7,8,20	Love 1-John 2:15-16
BitternessHebrews 12:15	Forgiveness Ephesians 4:32
Anger Proverbs 29:22	Self-control Galatians 5:22, 23
Unforgiving spiritMark 11:26	Forgiving spirit Colossians 3:13
Selfishness Philippians 2:21	Self-denial John 12:24
Pornography 1 Peter 2:11	Pure Thoughts Philippians 4:8
Pride James 4:6-8	Humility Proverbs 15:33
Losing temper Proverbs 25:28	Self-control Proverbs 16:32
WrathJames 1:19-20	Soft answer Proverbs 15:1

GRACE MARTIAL ARTS BIBLICAL EXAMPLE

† Board Breaking

† Put Off Put On

PRAYER OF THANKSGIVING AND PRAISE

Father God, we humbly thank You for Your mercies, love and grace in giving us Your Holy Spirit to reside within us. Your Spirit is speaking powerfully through your Word directly to our hearts. Thank you for the gift of Your knowledge, wisdom and insights. We pray that You will continue to order our steps daily in Your Word and let no sin or iniquity have dominion over us. We pray to finish the race that You have set before us triumphantly. While living in our earthsuits, may we daily “**walk in the spirit,**” filled with Your love, joy, peace and power. Amen.

Keep Looking Down

We have been positionally sanctified, *SET APART HOLY, SEATED IN THE HEAVENLIES IN CHRIST JESUS* (Ephesians 2:6 & Colossians 3:1-4). We are becoming progressively sanctified through the Word of God:

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God. (Romans 12:1 & 2)

1 Corinthians 16:13

**“Be on your Guard;
Stand Firm in the
Faith; Be Men of
Courage; Be
Strong.”**

**Grace Martial Arts Ministries
(gracemartialarts.org)**

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