

Complete Outline and Expanded Table of Contents

Table of Contents	5
Translator’s Introduction	7
Author’s Preface	11

Part One: The Foundation

I The Foundation of Killing Sin – Romans 8:13	15
1.1 The duty: killing sin	16
1.1.1 <i>What Paul means by “the body”</i>	16
1.1.2 <i>What Paul means by “the deeds” of the body</i>	17
1.1.3 <i>What Paul means by “putting to death”</i>	18
1.2 The person: you	19
1.3 The promise: life	19
1.4 The cause and means: the Holy Spirit	20
1.5 The conditionality: if...	21

Part Two: Three Great Principles

2	Believers Must Always Be Killing Sin	25
2.1	Indwelling sin will always be in us while we are in this world, so we must always be killing it	26
2.2	Sin is always trying to make us commit evil acts	27
2.3	Unkilled sin will ultimately cause us to commit major, scandalous, and soul-destroying evil acts	29
2.4	The Holy Spirit and a new nature were given to us so that we would have something to kill sin with	30
2.5	Neglecting sin-killing puts us into a state directly opposite of the one God calls us to	31
2.6	It is our duty to grow in holiness and spiritual maturity	32
2.7	Our sin affects other people, not just ourselves	33
2.7.1	<i>How it affects us</i>	33
2.7.2	<i>How it affects other people</i>	34
2.8	A complaint about the lack of sin killing in the lives of Christians	35
3	The Holy Spirit Is the Only Way for Killing Sin That Actually Works	37
3.1	Any other means of killing sin won't work	37
3.1.1	<i>Because God never intended other techniques for the purpose of killing sin</i>	39
3.1.2	<i>Because the things God did give as means to sin killing have been used incorrectly</i>	39

3.2	Killing sin by the Holy Spirit will work	40
3.2.1	<i>Because that's why God sent Him to us.</i>	41
3.2.2	<i>Because the ability to kill sin is the gift of Jesus Christ, and all gifts of Christ come by the Spirit</i>	41
3.3	How the Spirit kills sin	41
3.3.1	<i>By causing our hearts to be full of grace and its fruits that are contrary to the flesh and its fruits.</i>	42
3.3.2	<i>By a real physical effect on the root and habit of sin that weakens, destroys, and takes it away</i>	42
3.3.3	<i>By bringing the cross of Christ into the heart of a sinner by faith, giving us fellowship with Christ in His death and sufferings</i>	43
3.4	If killing sin can only be done by the Spirit, why are we told to do it?	43
3.4.1	<i>Because this is exactly how any other grace that the Spirit gives works in us</i>	43
3.4.2	<i>Because He performs it in us in a way such that it is still an act of obedience on our part</i>	43
3.5	The sorry state of people who don't know about the power of the Holy Spirit to kill sin	44
4	The Strength and Comfort of Our Spiritual Lives Depend on Killing Sin	45
4.1	Killing sin is not the direct cause of strength and comfort in our spiritual lives	45
4.2	Spiritual life, strength, courage, and consolation come from knowledge of our adoption as children of God	46

4.3	Failure to kill sin nevertheless robs us of spiritual strength and comfort	46
4.3.1	<i>Because it weakens the soul</i>	47
4.3.2	<i>Because it darkens the soul</i>	48
4.4	Killing sin prunes the gifts of God and makes room for them to grow in our hearts	49
4.5	Killing sin is evidence of our sincerity in the pursuit of God	50

Part Three: The Definition

5	What Killing Sin Isn't	53
5.1	Killing sin is not about permanently killing it so it has no more hold on us or any residual presence in our hearts	54
5.2	Killing sin is not just about changing our external behavior	55
5.3	Killing sin is not about cultivating a calm and quiet personality	55
5.4	Killing sin is not about diverting it to some other outlet	56
5.5	Killing sin is not about occasionally overcoming it	57
6	What Killing Sin Is	60
6.1	Killing sin is a regular habit of weakening it	60
6.2	Killing sin is constantly fighting against it	64
6.3	Killing sin is about frequent success against it	65
6.4	Applying the definition of killing sin to our case study	66

Part Four: Two Prerequisites

- 7 **You Must Be a True Believer in Jesus Christ To Kill Any Sin** 71
- 7.1 It is clear from scripture that only a believer can kill sin 71
- 7.2 Unbelievers are called first to conversion, not sin killing 74
- 7.3 It is dangerous for unbelievers to even try to kill sin 76
- 7.3.1 *It diverts them from what God is actually calling them to do* 76
- 7.3.2 *It falsely clears their consciences of the guilt of sin* 77
- 7.3.3 *It causes them to believe there is no hope for their sin and to resign themselves to it, and thus to hell* 78
- 7.4 To receive the Spirit is the work of faith and faith alone 78
- 7.5 An objection based on what it would mean to the world if people stopped trying to act against sin on their own efforts 79
- 8 **You Must Be Sincerely Pursuing Universal Obedience to God to Kill Any Sin** 83
- 8.1 A lack of universal obedience shows that we only want to kill sin for selfish reasons 85
- 8.2 God can use our struggles in one area to draw our attention to another 86

Part Five: Nine Preparatory Instructions

- 9 **Ask Whether Your Sin Has Any Dangerous Symptoms** 91
- 9.1 Is it a longstanding, deeply rooted sin? 92

9.2	Is the heart secretly trying to find ways to justify continuing in sin?	93
9.3	Is it a sin that is frequently successful in creating the desire to commit it?	96
9.4	Is it a sin only fought against out of the fear of punishment?	97
9.5	Is it likely that there has been disciplinary hardening by God?	98
9.6	Is this a sin that has already resisted special action from God against it?	99
10	Get a Clear and Lasting Sense of the Severity of Guilt, the Danger, and the Evil of Your Sin	102
10.1	The severity of the guilt of sin	102
10.2	The danger of sin	104
10.2.1	<i>The danger of becoming hardened by the deceitfulness of sin</i>	105
10.2.2	<i>The danger of falling under God's discipline</i>	106
10.2.3	<i>The danger of losing peace and strength in your life</i>	107
10.2.4	<i>The danger of eternal destruction</i>	108
10.3	The evil of sin	109
10.3.1	<i>It grieves the Holy Spirit</i>	109
10.3.2	<i>It wounds Christ again</i>	110
10.3.3	<i>It takes away our usefulness to God</i>	111

11	Load Your Conscience With Evidence of How Guilty You Personally Are	112
11.1	Start with the general	112
11.1.1	<i>Bring your sin to the law</i>	112
11.1.2	<i>Bring your sin to the gospel</i>	114
11.2	Continue with the particulars	115
11.2.1	<i>God's infinite patience and forbearance towards you personally</i>	115
11.2.2	<i>God's miraculous intervention to keep you from becoming completely hardened</i>	116
11.2.3	<i>All the blessings God has given you</i>	116
12	Be Constantly and Desperately Longing for Deliverance from the Sin	118
13	Ask Whether You Are By Nature Vulnerable to the Sin	120
13.1	Vulnerability is no excuse for sin	120
13.2	Extra care and diligence are required because of your special vulnerability	121
13.3	You must discipline your body	121
14	Ask When and How the Sin Usually Attacks and Overcomes You	123
15	Fight Hard From the Very First Moment Your Sin Acts	125
16	Think About How Insignificant You Are Compared to God and How Little You Know Him	127

176 *Complete Outline and Expanded Table of Contents*

16.1	Think often of God's excellence and majesty and how far you are from Him	127
16.2	Think of how little you know about God	128
16.3	An objection based on the light of the gospel	129
17	Don't Speak Peace to Yourself Before God Speaks It	138
17.1	God alone can speak true peace	138
17.1.1	<i>It is the great prerogative and sovereign right of God to give grace to whom He pleases</i>	139
17.1.2	<i>It is the prerogative of Christ to speak peace home to the conscience</i>	140
17.2	How to know when we speak peace to ourselves	140
17.2.1	<i>People speak peace to themselves when they do it without total hatred for their sin</i>	140
17.2.2	<i>People speak peace to themselves when they receive it only from rational thought and arguments</i>	144
17.2.3	<i>People speak peace to themselves when they do it lightly</i>	148
17.2.4	<i>People speak peace to themselves about a sin when they have another sin they haven't dealt with</i>	149
17.2.5	<i>People speak peace to themselves when it doesn't come with God humbling their souls</i>	149
17.3	How to recognize genuine peace from God	149
17.3.1	<i>When can we safely take comfort and peace from God's promises?</i>	149
17.3.2	<i>How will we know when it is truly God speaking?</i>	150

Part Six: The Killing

18	Killing Sin Through Faith in Jesus Christ	155
18.1	Set your faith at work on Christ for the killing of your sin	155
18.1.1	<i>How does faith act on Christ to accomplish this?</i>	156
18.1.2	<i>How can we be sure that Christ will really come through?</i>	159
18.1.3	<i>The advantages that come from putting our faith on Christ for an expectation of help</i>	162
18.1.4	<i>Final instructions for putting your faith on Christ to kill sin</i>	163
18.2	The work of the Spirit for killing sin	166
18.2.1	<i>The Spirit alone clearly and fully convicts the heart of the evil and guilt and danger of the sin to be killed</i>	166
18.2.2	<i>The Spirit alone reveals to us the fullness of Christ for our relief</i>	167
18.2.3	<i>The Spirit alone establishes in the heart an expectation of help from Christ</i>	167
18.2.4	<i>The Spirit alone brings the cross of Christ into our hearts with sin-killing power</i>	167
18.2.5	<i>The Spirit is the author and finisher of our sanctification</i>	167
18.3.6	<i>The Spirit supports our prayers to God</i>	168