

Power Over Sin

DAY:

Monday

TITLE:

You Are Already Dead to Sin

KEY VERSE:

Romans 6:11 -- "Likewise you also, reckon yourselves to be dead indeed to sin, but alive to God in Christ Jesus our Lord."

REFLECTION:

I want you to really sit with this truth today -- you are dead to sin. Not pretending. Not imagining. This is reality. When you gave your life to Jesus, your old spirit man died and a brand new one was born, one that is alive to God and dead to sin. I've taught this for years because I know how easily we forget it. We wake up, we feel the pull of old habits, old thoughts, old patterns, and we think, "This must just be who I am." No. That is not who you are anymore. The real you -- your reborn spirit -- doesn't want to sin. It doesn't like sin. It pulls away from it. Your job today is simply to agree with what God already says about you. Say it out loud right now: I am dead to sin. Say it like you mean it, because it's true.

PRAYER:

Lord, help me see myself the way You see me -- as someone made new, dead to sin and alive to You. I choose today to agree with Your Word over my feelings. Thank You that this is reality, not pretend.

DAILY ACTION:

Write "I am dead to sin, alive to God" on a sticky note and place it somewhere you'll see it at least three times today -- your mirror, your dashboard, your phone case.

DAY:

Tuesday

TITLE:

Don't Let Sin Have the Keys

KEY VERSE:

Romans 6:12 -- "Therefore do not let sin reign in your mortal body, that you should obey its lusts."

REFLECTION:

I love these three words: "do not let." Did you catch that? God is saying the choice is yours. Sin doesn't have automatic authority over your life anymore. You have to let it in. You have to open the door. I've said this to my congregation and I'll say it to you today -- your greatest enemy isn't always the devil. Sometimes it's the choices we make when we present ourselves to the wrong things. What you watch, who you hang around, where you place yourself -- these are daily decisions that either hand sin the keys to your life or slam the door in its face. This is not about condemnation. This is about power. You have been given the power to choose. And choosing right -- even in small things -- builds something beautiful inside you. Each "no" to the flesh makes your spirit stronger.

PRAYER:

Father, I thank You that sin is not my master. Help me make choices today that honor You -- in what I watch, what I listen to, and who I spend time with. I want to present myself to You, not to things that pull me down.

DAILY ACTION:

Identify one specific thing today -- a show, a social media account, a conversation -- that consistently pulls you toward sin, and make a deliberate choice to avoid it just for today.

DAY:

Wednesday

TITLE:

Act Quickly When Temptation Knocks

KEY VERSE:

1 Corinthians 6:18 -- "Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body."

REFLECTION:

I'll be honest with you -- one of the biggest mistakes I see believers make is waiting too long to respond to temptation. They think they can sit with it, reason with it, negotiate with it. You can't. James tells us that temptation has a process: it draws you away, it entices you, desire conceives, and then sin is born. Your best weapon is speed. Act immediately. The moment that thought comes, spit it out. Speak out loud if you have to -- "In Jesus' name, I reject that thought. That's not me." I've done it myself. It might look a little strange walking down the street, but I'd rather look strange and stay free than look composed and be in chains. Jesus didn't sit down with the devil for a long conversation in the wilderness. He spoke the Word and shut it down. You can do the same.

PRAYER:

Jesus, thank You for showing me how to handle temptation -- with Your Word, quickly and boldly. When the enemy comes at me today with thoughts or suggestions that don't belong to me, help me act fast and speak Your truth. I refuse to entertain what You've already defeated.

DAILY ACTION:

The next time a tempting thought enters your mind today, speak out loud -- even in a whisper -- "That's not me. I reject that in Jesus' name." Practice responding immediately rather than sitting with the thought.

DAY:

Thursday

TITLE:

Hate What Hurts You

KEY VERSE:

Hebrews 1:8 -- "But to the Son He says: 'Your throne, O God, is forever and ever; a scepter of righteousness is the scepter of Your kingdom. You have loved righteousness and hated lawlessness; therefore God has anointed You with the oil of gladness more than Your companions.'"

REFLECTION:

Here's something I find absolutely stunning in this verse -- Jesus loved righteousness and hated wickedness, and because of that, God anointed Him with joy above everyone else. Did you see the connection? His hatred of sin and love of holiness was directly linked to His anointing and His joy. That's not a coincidence. I've watched this pattern in my own life and in the lives of people I've pastored for decades. The more seriously you take sin -- not with fear and guilt, but with a genuine "I don't want this near me" -- the more the presence of God expands in you. Purity really is power. When you pull away from selfishness, from compromise, from things that grieve the Spirit, you step into more life, more peace, more of Him. Start cultivating a holy hatred for the things that separate you from God's best.

PRAYER:

Lord, grow in me what was in Jesus -- a genuine love for what is right and a real intolerance for what pulls me away from You. I want Your anointing and Your joy, and I know they're connected to how I treat holiness in my life. Help me take purity seriously today.

DAILY ACTION:

Spend two minutes quietly asking the Holy Spirit to show you one area of your life where you've been tolerating something you should be rejecting. Write it down, and surrender it to God in prayer right where you sit.

DAY:

Friday

TITLE:

Run Toward the Right Things

KEY VERSE:

2 Timothy 2:22 -- "Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart."

REFLECTION:

I've always loved this verse because it gives you both directions at once -- run away from something and run toward something. Fleeing sin isn't just about avoidance; it's about pursuit. You fill your life with righteousness, faith, love, and peace, and there's simply less room for the wrong stuff to squeeze in. I've said this to young people in my church, but honestly it applies to all of us: stay busy for God. When I was single, I made a decision that my salvation strategy was to be fully engaged in serving God and His house. It kept me out of trouble and kept me growing. Find your ministry. Rub shoulders with people who are chasing the same things you're chasing. Pursue community with people who call on the Lord out of a pure heart -- that phrase is right there in the verse. Your community shapes your trajectory.

PRAYER:

Father, I don't just want to run from sin -- I want to run toward You. Fill my life so completely with purpose, with Your presence, and with people who love You, that there's simply no room left for what used to hold me back. I'm pursuing You today.

DAILY ACTION:

Reach out to one person in your church or faith community today -- a text, a call, a coffee invitation --

someone who encourages your walk with God. Take one step toward the kind of community this verse describes.