

Your “one thing,” if left to grow and fester, will eat your soul and negatively impact those closest to you. Addiction, gossip, hoarding, laziness, lying, and overeating are just a few of the things that need to be conquered for our sake and others. But here’s the crazy thing I’ve seen: a spiritual domino effect will occur. If you conquer “the one thing,” your soul will be restored, you’ll gain confidence for inevitable future battles, and you’ll spur others on around you. In my experience, a flywheel effect occurs—victory breeds more victory.

Conquering your “one thing” is not out of reach. God is eager and able to radically change your life by breaking your cycles of sin and conquering the things that have seemingly defeated you. When this happens, you’ll feel like you found a freshwater stream after walking through a desert.

So, let’s get started. Let God fill you up with holy anticipation. But let’s first get honest about what’s below the surface and capture a grand vision of how God can do what seems impossible. Then we’ll learn how to conquer that one thing defeating us!

If you’re a leader taking a group through Killing Sin, I want to help you maximize the experience. Scan the QR code below.



Download our free
leader's guide here



KILL SIN—

Reflection and Application

What is that one sin that is killing you?

How would your life change if you finally put it to death?

Romans 8:13 says killing sin is a matter of life and death. How serious are you about killing sin in your life?



Need help identifying
your **one thing**?

The world, the flesh, and the devil are brutal enemies of our souls. The battles are real, and feelings of sadness, shame, disgust, or fear are natural responses to sin, but they don't have to define us and leave us in a heap of defeat. The battle belongs to the Lord. Our job is to join Him.



KILL SIN—

Reflection and Application

What practical steps can you take to redeem time and combat laziness?

Dream a little bit: What kind of momentum would be created in your life if you conquered your one thing?

How do you think humility could be a game-changer for you in facing your one thing?



Free devotional series
on **the three strategies**



KILL SIN—

Reflection and Application

What overarching sins do you struggle with (see p. 48)?

What fractures of sin do you need God to heal?

What impact could understanding your underlying sin have on addressing your overarching sin?



Need help with
broken systems?



KILL SIN—

Reflection and Application

Which of the seven broken systems do you struggle with the most? How does that affect your walk with God?

Which kind of minimization do you struggle with most?

How would your life be different if you stopped minimizing the sin in your life?



Need help to **stop**
minimizing sin?



KILL SIN—

Reflection and Application

What would it look like if you truly hated the one thing that is defeating you?

How can you apply Romans 12:9 to the one thing that is defeating you (see p. 65)?

How can you separate your sin from your identity in your pursuit of hating it?



Free devotional series
on **Romans 12:9**



KILL SIN—

Reflection and Application

Who in your life do you know that exemplifies godly humility? What makes their life admirable?

Why is humility so essential to killing sin?

What will it look like for you to practically rely on God's training grace to battle your one thing?



Free devotional series
on **humility**



KILL SIN—

Reflection and Application

Have you recently been focused more on trying to produce fruit in your life or on proximity to Jesus?

What choices can you make to live in closer proximity to Jesus?

What is a small, practical first step you can take this week toward living in closer proximity to Jesus?



Free exercise to help
you **bear much fruit**

to conquer it. At that moment, when you feel like you have no willpower to fight the battle, the wind of the Spirit can remind you that, in Him, you have all the power you need. God holds out victory before you.



KILL SIN—

Reflection and Application

*How have you viewed the Holy Spirit's role in your life?
What adjustments might you want to make after reading this chapter?*

How can you become more sensitive to the Holy Spirit's voice in your life?

What can you do practically to get more of God's truth in your life?



Free devotional series on
hearing the Holy Spirit

when he experienced the retreating of torment in his soul. This is for you as well. When you think your battle with sin cannot be won, God gives you victory. Confession is a lost discipline that you can reclaim as your own. It's a weapon of spiritual war that you can no longer neglect. The relief you'll experience through confession lifts the heavy load you've been carrying so you can walk and even run with Jesus again.



KILL SIN—

Reflection and Application

Have you ever experienced the joy of confession?

What were the effects on your life?

What keeps you from confessing your sins to others?

To whom can you confess the one sin that is defeating you?

How can you celebrate the stronghold of “the one thing” being broken?



Free eBook on
confessing sin

Word neutralized Satan and caused him to leave when Jesus spoke it out to him. And your sin, when confronted with spoken truth, will lose its power too. I know this personally because it's a common practice for me that gives victory. God's Word is authoritative and powerful. Know it, memorize it, and wield it well.



KILL SIN—

Reflection and Application

What do you tend to do with unseized time? How can you better leverage this time for God's purposes in your life?

What extreme measures can you take to kill what's killing you?

What specific promises can you speak over yourself to kill that one thing in your life? (Refer to the Starter Guide on p. 135.)



Practical ways to
kill specific sins

and building a life with quite radical boundaries that God rewards.

Whatever that one thing is, God will never call you to turn your back on something without a plan to pull it off. God will give you great wisdom when you ask. Listening closely to the Spirit guide me in truth has been the single best way to know what to turn my back on and how. God seems to give me unconventional solutions for challenging situations, and He will do the same for you.



KILL SIN—

Reflection and Application

What is a boundary that has brought rewards into your life?

Which of the three boundaries (Moral, Relational, Spiritual) do you need to improve the most and why? What practical steps can you take to block sin in that area?

What new boundaries do you need to put in place in your life to kill sin? Be specific.



Free devotional series on
the three boundaries

NOTES

1. John Owen, *On Temptation and the Mortification of Sin in Believers* (Philadelphia: Presbyterian Board of Publication, 1855), 154.
2. Owen, *Mortification of Sin*, 291.
3. *Merriam-Webster Dictionary*, “momentum,” last updated October 14, 2024, <https://www.merriam-webster.com/dictionary/momentum>.
4. James Clear, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones* (New York: Penguin, 2018), 27.
5. John Stott, “Pride, Humility, and God,” in J. I. Packer and Loren Wilkinson, eds., *Alive to God: Studies in Spirituality* (Downers Grove, IL: InterVarsity Press, 1992), 119.
6. Andrew Murray, *Humility: The Beauty of Holiness* (London: James Nisbet & Co., 1896), 14.
7. “Why Is There Liberty Where the Spirit of the Lord Is (2 Corinthians 3:17)?,” Got Questions, <https://www.gotquestions.org/Spirit-of-the-Lord-liberty.html>.
8. “Psalm 32—The Blessings of Forgiveness, Protection, and Guidance,” Enduring Word, <https://enduringword.com/bible-commentary/psalm-32/>.
9. Erwin Lutzer, *Failure: The Back Door to Success* (Chicago: Moody Publishers, 2015), 52.
10. Owen, *Mortification of Sin*, 154.
11. John Piper, “Kill Sin by the Spirit,” Desiring God, February 17, 2002, <https://www.desiringgod.org/messages/kill-sin-by-the-spirit>.
12. “The Drama Triangle Explained,” Leadership Tribe, <https://leadershiptribe.com/the-drama-triangle-explained/>.