

most certainly can! Not only is it possible because of what Jesus has and is doing for us. It is more than that; it is an obligation. This duty is to God, to ourselves, and to others. We are saved one by one, not part of a large group of people. Jesus tells each one of us, "Sin no more." The sinner must first recognize that he is a sinner. He must repent and turn from his sin, and only then can God work in him with His Holy Spirit to keep him from committing more sin.

To do away with sin requires our cooperation *with* God. Jesus came to die and take away our sins. But we must give our consent by forsaking our sin. After we have repented of our sin and forsaken it, the devil will come and try to make us sin again. But we must resist him and he will run away from us defeated (James 4:7). We can see from this that it is possible to effectively resist sin and the devil and to live above sin.

Each one of us has a conscience that helps us know right from wrong. Our conscience and our will work together—our conscience telling us what is right or wrong, and our will telling us either yes or no. Our conscience is always trying to help us be good and to keep us from the clutches of evil. Our will, on the other hand, is dependent on our nature. If we are Christians, we take on and grow in God's nature. Mankind, however, continues to have the possibility of sin because of the sin of Adam and Eve. But when our conscience and our will are under God's control, and we learn more of His will for us, we can live without practicing sin. I John 2:1 says, "My little children, these things write I unto you that you sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins; and not for ours only, but also for the sins of the whole world." This is the very reason that Jesus came and taught man here on the earth and then died for man's sins.

"Sin no more, lest a worse thing come unto thee." What could possibly be worse than 38 years

of suffering? Physical suffering is but a trace of what spiritual suffering can be. Spiritual suffering affects man here in this life and even more in the next. However bad his physical suffering had been the past 38 years, the worst had not been felt yet. As a sin is repeated and repeated, it is fixed deeper into our nature or character. The more we do a certain sin, the harder it is to stop it. At that point it becomes almost a natural repetition and can, and often does, lead to more serious sin. The danger is always there for sin to become such a habit that it becomes impossible for us to stop doing it on our own.

This is the very reason why we must decide *now* to break away from the habits of sinning and immediately turn our lives over to God's control. The power of sin (by the devil) is strong, but in I John 4:4 we read that "greater is he (Jesus) that is in you than he (the devil) that is in the world."

Just because we have turned our lives over to Jesus' control is no guarantee that we will not be tempted to sin again. The danger may be even greater because the devil and his helpers will try especially hard to attack us and make us fall into the life of sin again. We must be alert to the devil and put all of our trust in Jesus. "Wherefore let him that thinketh he standeth take heed lest he fall. There is no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it" (I Cor. 10:12, 13). We must become strong in our lives for Jesus. We must stay in constant contact with God by reading His Word, the Bible, and through prayer—praying that He will always make the way of escape plain before our eyes.

If we are delivered from the pain and suffering of sin, we should have deep and strong feelings against committing sin again. We have a duty to **sin no more**.

We should not sin because of the deliverance we

have received. We owe a special debt of gratitude to Jesus for deliverance from a life of sin, and we should live as a testimony of gratitude for this deliverance. We cannot, however, do this if we willfully commit sin. God hates sin—willful sin ruins us, but God's goodness and grace is offered to us to keep us from sin.

The man that Jesus had healed lay helpless and he could not yield to some of the temptations of sin. When healed, the pressure to sin could come again. Since Jesus had made him strong spiritually, Jesus told him to stay strong spiritually—but He said this in a warning way. More sinning may mean even more physical suffering, and worse yet, more suffering spiritually. "The wages of sin is death" (Romans 6:23). In Matt. 26:41, Jesus says, "Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak."

**So, it is up to you.** Jesus tells you to sin no more—you must decide. There is no other way. In your mind, you are probably already thinking about whether you are going to continue committing sin or, instead, are going to stop sinning by taking Jesus as your Lord and Saviour and forsaking your sin. Jesus calls you to be saved—He is not willing to have anyone be lost and go to hell. II Peter 3:9 says Jesus is waiting, even delaying His second coming because He is giving sinners more time to repent.

The decision is yours, but the Bible warns us in Proverbs 29:1: "He, that being often reprov'd hardeneth his neck, shall suddenly be destroyed, and that without remedy." Eccl. 9:12 and Prov. 6:15 warn us that God may give up on us. **Choose Jesus now**—ask Him to come into your heart. "Go and sin no more, lest a worse thing come unto you."

After we become saved (born again) and accept Jesus as the new "boss" of our lives, we become a new creation; old things are passed away and all things become new. We will have a new attitude