

# Notes: Stop Feeding What You're Trying to Kill

## Exhort

### Text: Colossians 3:5–11

"Put to death, therefore, whatever belongs to your earthly nature... sexual immorality, impurity, lust, evil desires and greed, which is idolatry... You used to walk in these ways... But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language... Do not lie to each other, since you have taken off your old self... and have put on the new self, which is being renewed in knowledge in the image of its Creator."

## Title: Stop Feeding What You're Trying to Kill

What do you do when Jesus is calling you up... but your flesh is calling you down?

Paul gives a shocking answer.

He says:

**"Put it to death."**

**The devil may tempt you, but your flesh often opens the door.**

**The greatest barrier to your new life is not the world around you it's the old you still alive inside you.**

## POINT 1 — Kill Sin Before Sin Kills You

Paul says:

**"Put to death whatever belongs to your earthly nature."**

The language here is violent.

It literally means **execute it**.

Paul lists sins like:

- sexual immorality
- impurity
- lust
- evil desires
- greed

These are not random behaviors.

They are **symptoms of a deeper disease**.

**Sin is not just breaking God's rules , it's replacing God's throne.**

## **The Anatomy of Sin (Colossians 3:5)**

Paul lists several sins, but they actually form a **progression**. They show **how sin grows in the human heart**.

It moves from **thought** → **desire** → **action** → **worship**.

## **Sexual Immorality (Porneia)**

Any sexual activity outside of God's design for marriage between a man and a woman.

## **Impurity**

A polluted heart or mind that has been shaped by immoral behavior.

## **Lust (Passion)**

Uncontrolled sexual cravings that dominate your thinking.

## **Evil Desires**

Sinful cravings that are entertained and nurtured in the heart.

## **Greed (Covetousness)**

An insatiable hunger for more pleasure, more satisfaction, more fulfillment.

Greed is **never being satisfied**.

## **Idolatry**

Idolatry is when something other than God becomes the center of your devotion.

## **POINT 2 — Temptation Grows When You Entertain It**

Paul gives us insight into how sin works.

There is a progression.

First: **desire**

Then: **lust**

Then: **action**

**The thoughts you entertain become the sins you eventually embrace.**

## **POINT 3 — If You Want Sin Dead, Cut Off Its Supply**

Paul says **“put it to death.”**

But how?

You kill something by **cutting off its lifeline.**

**You cannot pray for victory while providing sin with a food supply.**

**Victory over sin doesn't start with fighting temptation it starts with cutting its supply line.**

## **POINT 4 — The Old You Is Not the Real You Anymore**

Paul then reminds believers of something powerful.

He says:

**“You used to walk in these ways... in the life you once lived.”**

Notice the language.

**Used to.**

That life is **not who you are anymore.**

Because verse 10 says:

You have **put on the new self.**

You are being renewed into the **image of your Creator.**

Which means Christianity is not behavior modification.

It is **identity transformation.**

You don't fight sin just because it's wrong.

You fight sin because **it no longer fits who you are.**

## **POINT 5 — Jesus Is Creating a New Humanity**

Paul finishes with something powerful.

He says:

In Christ there is

- no Jew or Gentile
- no slave or free
- no barbarian or Scythian

Christ is **all and in all.**

The gospel doesn't just change individuals.

It creates an entirely **new humanity**.

**You cannot live the resurrected life while keeping your old life on life support.**