







1. What do we need to throw off?

- **Idolatry (anything you love more than God)**
- **Graven images**
- **Taking the Lord's name in vain**
- **Not keeping the Sabbath**
- **Dishonoring parents**

1. What do we need to throw off?

- **Murder (Jesus said if you hate you have already sinned)**
- **Adultery (Jesus said if you lust you have already sinned)**
- **Stealing**
- **Lying**
- **Coveting**

1. What do we need to throw off?

Galatians 5:19-20a (NLT)

¹⁹ When you follow the desires of your sinful nature, your lives will produce these evil results: sexual immorality, impure thoughts, eagerness for lustful pleasure, ²⁰ idolatry, participation in demonic activities, hostility, quarreling, jealousy, outbursts of anger,

1. What do we need to throw off?

Galatians 5:20b - 21 (NLT)
²⁰ selfish ambition, divisions, the feeling that everyone is wrong except those in your own little group, ²¹ envy, drunkenness, wild parties, and other kinds of sin. Let me tell you again, as I have before, that anyone living that sort of life will not inherit the Kingdom of God.

1. What do we need to throw off?

- **Offenses**
- **Unforgiveness**
- **Past failures**

2. How can we throw off sin and everything that hinders us?

- **Get our focus off ourselves and onto Jesus.**

Hebrews 12:2 (NIV)
² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross,

2. How can we throw off sin and everything that hinders us?

- **Let the Spirit of life set you free from the law of sin.**

Romans 8:1-2 (NIV)
¹ Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

2. How can we throw off sin and everything that hinders us?

- **Let the Spirit of life set you free from the law of sin.**

Romans 8:12-13 (NIV)
¹² Therefore, brothers, we have an obligation—but it is not to the sinful nature, to live according to it. ¹³ For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live,

2. How can we throw off sin and everything that hinders us?

- **Let the Spirit of life set you free from the law of sin.**

Galatians 5:22-23 (NLT)
²² But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control.
