







**BE KILLING SIN  
OR IT WILL BE  
KILLING YOU!**

A study of John Owen's "A Mortification of Sin"

Is all of this just  
to make us feel bad?

**FOUNDATIONS FOR MORTIFICATION –  
WHY DO IT? (chs 1-4)**

**WHAT IS MORTIFICATION? (chs 5-6)**

**TWO GENERAL DIRECTIONS IN  
MORTIFYING SIN (chs 7-8)**

**NINE PARTICULAR DIRECTIONS IN  
MORTIFYING SIN (chs 9-13)**

**THE MEANS OF MORTIFICATION (ch 14)**

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# Nine Particular Directions in Killing Sin

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- Inveterateness -The state of being hardened, habitual, deep rooted, chronic
- Taking License - “Sin ain’t no big deal”
- Legalism
- You’ve been spanked, and it doesn’t make any difference.
- Bitterness, Unforgiveness and a Demanding Spirit



# Nine Particular Directions in Killing Sin

1. Consider whether your [sin] has these dangerous symptoms
2. Get a clear and abiding sense upon your mind and conscience of the guilt, danger, and evil of your sin

# Nine Particular Directions in Killing Sin

3.

4.

5.

6.

7.

# **Nine Particular Directions in Killing Sin**

**3. Load your conscience with the guilt of sin.**

# Nine Particular Directions in Killing Sin

## 3. Load your conscience with the guilt of sin.

- Through the holiness of the law.

“Bring the holy law of God into your conscience, lay your corruption to it, pray that you may be affected with it.

Consider the holiness, spirituality, fiery severity, inwardness, absoluteness of the law, and see how you can stand before it.”

~ John Owen – The Mortification of Sin quoted from *Overcoming Sin and Temptation*, page 103

# Nine Particular Directions in Killing Sin

## 3. Load your conscience with the guilt of sin.

- Through the holiness of the law.

“None is righteous, no, not one; no one understands; no one seeks for God. All have turned aside; together they have become worthless; no one does good, not even one.”

~Romans 3:11-12 (cited from Psalm 14:1-3)

# **Nine Particular Directions in Killing Sin**

## **3. Load your conscience with the guilt of sin.**

- Through the holiness of the law.**
- Through the truth of the gospel.**

“Bring your lust to the gospel - not for relief , but for further conviction of its guilt; look on him you have pierced [Zech. 12:10]...Say to yourself...Is this the return I make to the Father for his love, to the Son for his blood, to the Holy Ghost for his grace?...Do I account communion with [God] of so little value, that for this vile lust’s sake I [haven’t] left him any room in my heart.”

~ John Owen - The Mortification of Sin quoted from *Overcoming Sin and Temptation*, page 105



# Nine Particular Directions in Killing Sin

## 3. Load your conscience with the guilt of sin.

- Through the holiness of the law.
- Through the truth of the gospel.
- Consider God's infinite patience toward *YOU*.

“Have you not often been ready to conclude yourself that it was utterly impossible that [God] should bear any longer with you; that he would cast you off, and be gracious no more; that all his forbearance was exhausted, and hell and wrath was even ready prepared for you?”

~ John Owen – The Mortification of Sin quoted  
from *Overcoming Sin and Temptation*,  
page 105-06

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"Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners - of whom I am the worst. But for that very reason I was shown mercy so that in me, the worst of sinners, Christ Jesus might display his unlimited patience as an example for those who would believe on him and receive eternal life." ~1 Timothy 1:15-16

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- Through the holiness of the law.
- Through the truth of the gospel.
- Consider God's infinite patience toward *YOU*.
- Consider *ALL* of God's gracious dealings with you.

The story of a high school dance

“While the conscience has any means to alleviate the guilt of sin, the soul will never vigorously attempt its mortification.”

~ John Owen – The Mortification of Sin quoted from *Overcoming Sin and Temptation*, page 106

# Nine Particular Directions in Killing Sin

4. Ache for deliverance from the power of sin.

“Fourthly, *being thus affected with your sin...get a constant longing, breathing after deliverance from the power of it. Suffer not your heart one moment to be contented with you present frame and condition.*”

~ John Owen – The Mortification of Sin quoted from *Overcoming Sin and Temptation*, page 106



# Nine Particular Directions in Killing Sin

## 3. Load your conscience with the guilt of sin.

“My wounds stink and fester because of my foolishness, I am utterly bowed down and prostrate; all the day I go about mourning. For my sides are filled with burning, and there is no soundness in my flesh. I am feeble and crushed; I groan because of the tumult of my heart.” ~Psalm 38:5-8

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## 4. Ache for deliverance from the power of sin.

“Do not forsake me, O LORD! O my God, be not far from me! Make haste to help me, O Lord, my salvation!” ~Psalm 38: 21-22

# Nine Particular Directions in Killing Sin

5. Consider whether you are prone to certain sins.

## **5. Consider whether you are prone to certain sins because of who you are.**

- Family or origin**
- Gender**
- Race**
- Personality**
- Past experiences**

## 5. Consider whether you are prone to certain sins because of who you are.

“Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable [prize], but we an imperishable. So, I do not run aimlessly; I do not box as one beating the air. But I pummel (discipline) my body and make it a slave, lest after preaching to others I myself should be disqualified.” ~1 Corinthians 9:24-27

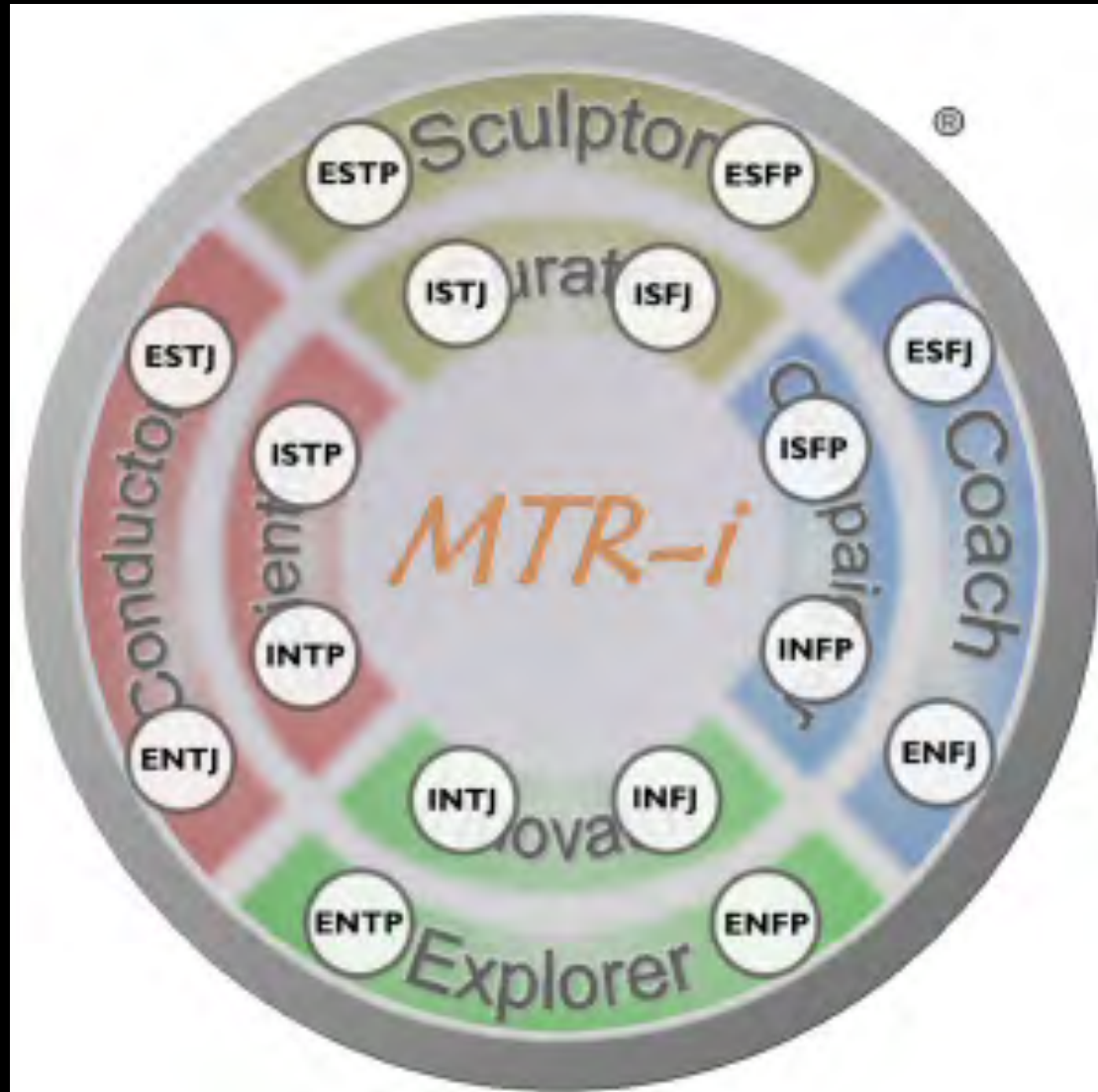
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**1 Corinthians 9:24-27**

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# **Nine Particular Directions in Killing Sin**

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“Watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap...but stay awake at all at all times, praying that you may have strength to escape all these things.” ~Luke 21:34,36

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- **H.A.L.T.S.B.**





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“Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.” ~James 1:14-15

# Nine Particular Directions in Killing Sin

## 7. "C'mon, fight!"

"God gave us a spirit not of fear but of **pOWER** and **love** and **self control**." ~1 Timothy 1:7

Is all of this just  
to make us feel bad?

Don't forget the GOOD!

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“If you through the Spirit do  
mortify the deeds of the body  
you shall live.”