

# Message Notes

**"Whack-a-Mole!"**

# Scripture Passages

*(taken from the New International Version)*

Introduction - *"Is God actually big enough to handle my secrets?"*

Where we've come so far:  
Nine Particular Directions for Killing Sin

**This week: Whack a Mole by Living a life of Repentance**

**How do I repent and receive God's Peace?**  
a study of Hebrews 12

## Three Laws of Repentance

1. Throw off sin  
(Hebrews 12:1a)
2. Run with Perseverance  
(Hebrews 12:1b)
3. Fix your eyes on Jesus  
(Hebrews 12:2)

## How do I live a life of repentance?

1. Consider Jesus (Hebrews 12:3)
2. Don't give up! (Hebrews 12:4-13)
3. Be absolutely diligent in your walk with God (Hebrews 12:14-17)
4. Realize WHO you are following!  
(Hebrews 12:18-24)
5. Worship God with "shock and awe"  
(Hebrews 12:25-29)

**Application -** *"Are you living a life of repentance?"*

## Hebrews 12:1-29

<sup>1</sup>Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. <sup>2</sup>Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. <sup>3</sup>Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

<sup>4</sup>In your struggle against sin, you have not yet resisted to the point of shedding your blood. <sup>5</sup>And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, <sup>6</sup>because the Lord disciplines those he loves, and he punishes everyone he accepts as a son." <sup>7</sup>Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father? <sup>8</sup>If you are not disciplined (and everyone undergoes discipline), then you are illegitimate children and not true sons. <sup>9</sup>Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of our spirits and live! <sup>10</sup>Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. <sup>11</sup>No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. <sup>12</sup>Therefore, strengthen your feeble arms and weak knees! <sup>13</sup>"Make level paths for your feet," so that the lame may not be disabled, but rather healed.

<sup>14</sup>Make every effort to live in peace with all men and to be holy; without holiness no-one will see the Lord. <sup>15</sup>See to it that no-one misses the grace of God and that no bitter root grows up to cause trouble and defile many. <sup>16</sup>See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son. <sup>17</sup>Afterwards, as you know, when he wanted to inherit this blessing, he was rejected. He could bring about no change of mind, though he sought the blessing with tears.

<sup>18</sup>You have not come to a mountain that can be touched and that is burning with fire; to darkness, gloom and storm; <sup>19</sup>to a trumpet blast or to such a voice speaking words that those who heard it begged that no further word be spoken to them, <sup>20</sup>because they could not bear what was commanded: "If even an animal touches the mountain, it must be stoned." <sup>21</sup>The sight was so terrifying that Moses said, "I am trembling with fear."

<sup>22</sup>But you have come to Mount Zion, to the heavenly Jerusalem, the city of the living God. You have come to thousands upon thousands of angels in joyful assembly, <sup>23</sup>to the church of the firstborn, whose names are written in heaven. You have come to God, the judge of all men, to the spirits of righteous men made perfect, <sup>24</sup>to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

<sup>25</sup>See to it that you do not refuse him who speaks. If they did not escape when they refused him who warned them on earth, how much less will we, if we turn away from him who warns us from heaven? <sup>26</sup>At that time his voice shook the earth, but now he has promised, "Once more I will shake not only the earth but also the heavens." <sup>27</sup>The words "once more" indicate the removing of what can be shaken—that is, created things—so that what cannot be shaken may remain. <sup>28</sup>Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, <sup>29</sup>for our "God is a consuming fire."



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

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



# Foundation for Mortification

Romans 8:13

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



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

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

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

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

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

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

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

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

# **Nine Particular Directions in Killing Sin**

- 1. Know the Clear Symptoms of Serious Sin**

# **Nine Particular Directions in Killing Sin**

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

# Nine Particular Directions in Killing Sin

4. Ache for deliverance from the  
power of sin.

# Nine Particular Directions in Killing Sin

**5. Consider whether you are prone to certain sins.**

# Nine Particular Directions in Killing Sin

**6. Consider whether you are prone to certain sins in certain situations.**

# Nine Particular Directions in Killing Sin

7. "C'mon, fight!"

# Nine Particular Directions in Killing Sin

*Owen:*

8. Use and Exercise Yourself to Such Meditations as May Serve to Fill You at All Times with Self-Abasement and Thoughts of Your Own Vileness

# Nine Particular Directions in Killing Sin

*Treichler:*

8. Get so filled with God that you, your problems, *even* your sin becomes secondary

# Accept the Peace that only comes from God!

“Ninthly, in case God disquiet the heart about the guilt of its distempers, either in respect of its root and indwelling, or in respect of any eruptions of it, take heed you speak not peace to yourself before God speaks it; but hearken what he says to your soul. This is our next direction, without the observation whereof the heart will be exceedingly exposed to the deceitfulness of sin.

# Accept the Peace that only comes from God!

“This is a business of great importance. It is a sad thing for a man to deceive his own soul herein. All the warnings God gives us in tenderness to our souls, to try and examine ourselves, do tend to the preventing of this great evil of speaking peace groundlessly to ourselves; which is upon the issue to bless ourselves in an opposition to God.”

~ John Owen – The Mortification of Sin quoted from *Overcoming Sin and Temptation*, page 118.

# Nine Particular Directions in Killing Sin

*Owen:*

**9. Do Not Speak Peace to Yourself  
Before God Speaks It, But Harken to  
What God Says to Your Soul**

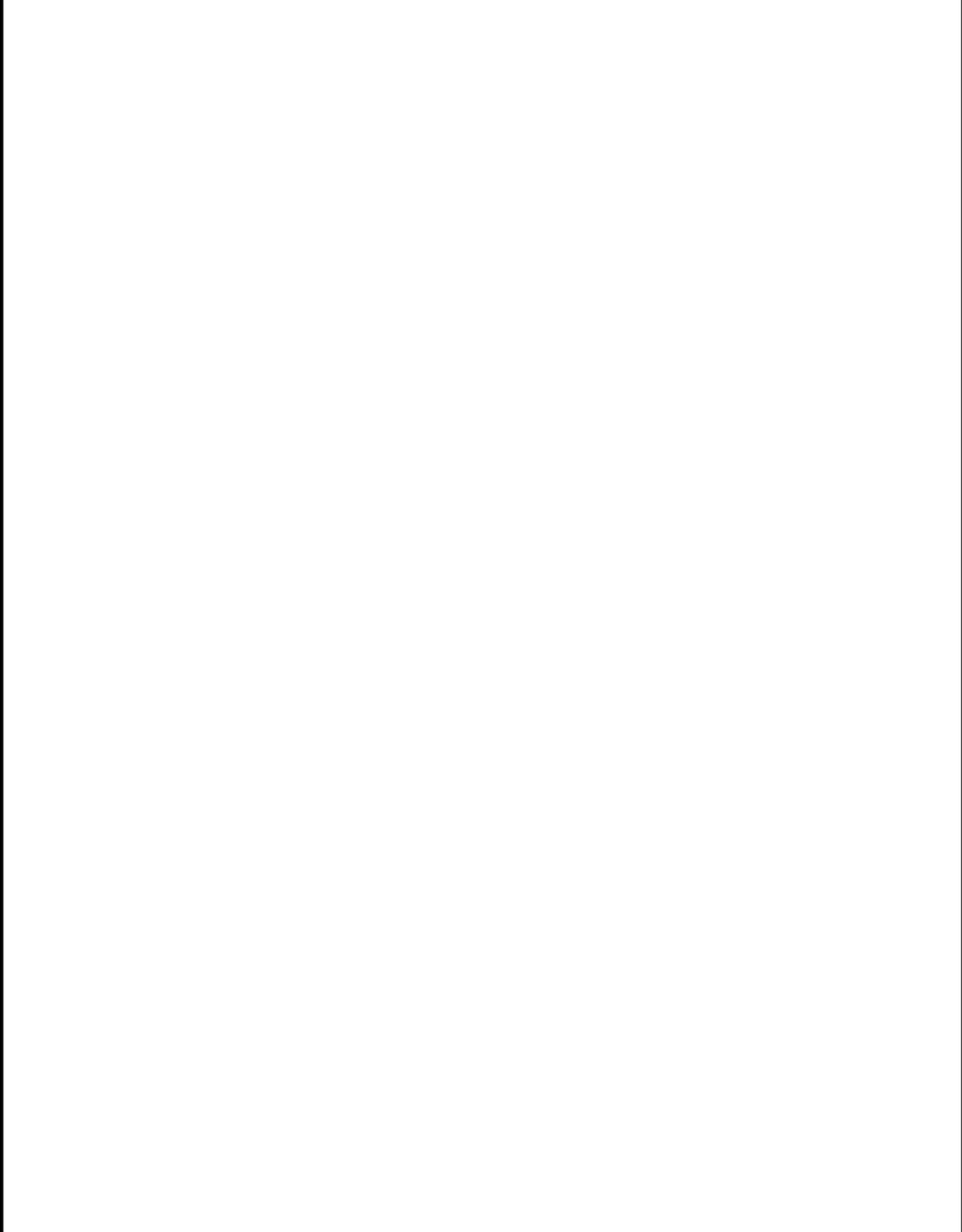
# Nine Particular Directions in Killing Sin

*Treichler:*

9. Whack-A-Mole continually, diligently, and daily repenting from sin to Jesus until peace comes from God.



**Getting rid of sin  
through true repentance**



# How do I repent and receive God's peace?

*A study of Hebrews 12*

# *Three LAWS*

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## **Hebrews 12:1-2**

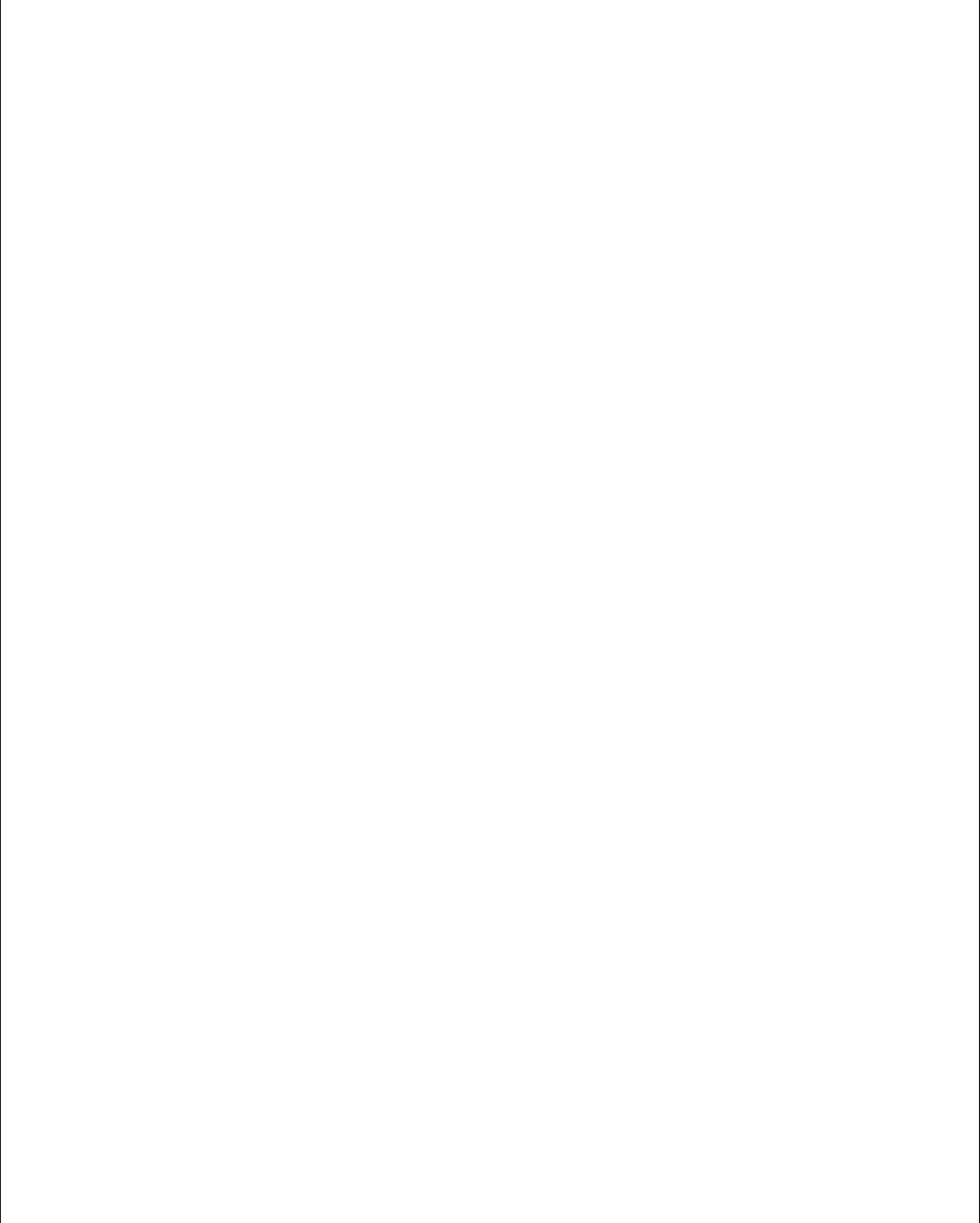
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# *Three LAWS*

## **1. Throw off sin**

### **Hebrews 12:1-2**

<sup>1</sup>Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. <sup>2</sup>Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.



# *Three LAWS*

## **2. Run with perseverance**

### **Hebrews 12:1-2**

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# *Three LAWS*

## **3. Fix your eyes on Jesus**

### **Hebrews 12:1-2**

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*How do I live a life of repentance?*

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## **1. Consider Jesus**

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## **1. Consider Jesus**

### **Hebrews 12:3**

<sup>3</sup>Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

















*How do I live a life of repentance?*

2. Don't give up

# *How do I live a life of repentance?*

## **2. Don't give up...**

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## **2. Don't give up...**

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*“Never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.”*

*~ October 29, 1941, Winston Churchill at Harrow School*

*"Never, ever, ever,  
ever, ever, ever,  
ever, give up.  
Never give up.  
Never give up.  
Never give up."*

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*How do I live a life of repentance?*

**3. Be absolutely diligent in your walk with God**

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## **3. Be absolutely diligent in your walk with God**

### **Hebrews 12:14-17**

<sup>14</sup>Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord. <sup>15</sup>See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many. <sup>16</sup>See that no one is sexually immoral, or is godless like Esau, who for a single meal sold his inheritance rights as the oldest son. <sup>17</sup>Afterwards, as you know, when he wanted to inherit this blessing, he was rejected.

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**4. Realize WHO you are following!**

# *How do I live a life of repentance?*

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### **Hebrews 12:18-24**

<sup>18</sup>You have not come to a mountain that can be touched and that is burning with fire; to darkness, gloom and storm; <sup>19</sup>to a trumpet blast or to such a voice speaking words that those who heard it begged that no further word be spoken to them, <sup>20</sup>because they could not bear what was commanded: “If even an animal touches the mountain, it must be stoned.” <sup>21</sup>The sight was so terrifying that Moses said, “I am trembling with fear.”

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# *How do I live a life of repentance?*

5. Worship God with “shock and awe”

# *How do I live a life of repentance?*

## **5. Worship God with “shock and awe”**

### **Hebrews 12:25-29**

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