

University Heights Church
of Christ
445 Columbia Ave.,
Lexington, KY 40508
(859) 255-6257
www.uheightschurch.com

WORSHIP SERVICES

Sunday

Bible Study: 9:45 AM

Worship: 10:45 AM; 6:00 PM

Wednesday

Bible Study: 7:30 PM (This is
immediately followed by a
short worship period)

First Friday of Each Month

Singing: 7:30 PM

LEADERSHIP

Elders

David Collins

John Thompson

Troy Antle

Evangelist

Adam Litmer

Deacons

Richard Brundige

Matt Thompson

Adam Litmer

Bill Morelan

Jim Parsons

Pat Seabolt

Adam Daniels

Jamie Powell

IN NEED OF PRAYERS

Rick Small (Begins his treatments on October 3rd. They will last six months), The Brundige and Spivey family as they mourn the loss of Janet's stepfather, Arlena Poynter, the Collins and Daniels family, David Seabolt, Jeff Howerton, Rhonda Boyd (and her sister, Dorothy), Louis Harrod, Paul Atkisson, Julia Ann Dixon, Ed Allison, Dwight Antle, Taylor Osterling, The Bays and Robbins family, Sheila Lawson, Keia Burton, Robert Brundige, Susie Burton, Valerie and Barry Boyd, Janett's mother, Sandy Driver, Erlene Young, Larry Sells, Evelyn Damron, Jennifer Dunbar, Jean Gartland, John Blessing, William Roberts, Paul Lyda, Pete Soro, The Ward and Thacker family, our brethren in southern Philippines, our brethren in Zimbabwe, Jamie Powell's father, Bruce Feltner, Harleigh Spartman, Fay Thomas, Mattie Johnson, the brethren in Texas, Louisiana, Florida, Mexico City, and the Caribbean.

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From Now On Sin No More

John Thompson

John, chapter 8, records the incident involving a woman caught in adultery. The last thing Jesus said to her is recorded in verse 11: *“Neither do I condemn you; go, and from now on sin no more.”* Have you ever wondered how this woman reacted to what Jesus said to her? What might be some typical reactions? Was she so relieved to be delivered from being stoned to death that Jesus' words did not even register? Was she stunned by Jesus's apparent expectation that she live a sin-free life beginning right then? Did she simply shrug off the whole incident with the first century equivalent of “Yeah, right” or “get real.” Maybe she quickly left the area thinking, “No way, sinning no more is impossible.”

We have no way of knowing the adulterous woman's actual response to Jesus, but we can all recognize the challenge to go and sin no more. But how do we tackle such a high and lofty goal? Clearly being baptized for the remission of sins is not the whole answer. Baptism is not a one-and-done situation; it will take care of past sins, but it will not prevent future sins. According to 1 John 1:8 if we confess our sins, Jesus is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. What a wonderful blessing this is for the baptized believer. The blood of Jesus will continue to cleanse us if we confess them to him. But we must be very careful that we not continue to sin willfully with the attitude that all we have to do is to

confess those sins and all will be taken care of. Paul wrote regarding that very attitude in Romans 6. *What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it?* (verses 1-2)

So, how do we “go and sin no more” or, asked another way, what needs to occur so that we are really and truly “dead to sin”? If we understand where sin begins and Satan’s role in it then maybe we can stop many sins from taking place. James 1:14-15 identifies what precedes sin: *But 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.* So, sin begins with desire. Desire is a powerful thing, and Satan is very much aware of that fact. Many scriptures call him the tempter; other scriptures show him to be an opportunist who is always looking for those who are vulnerable to temptation. What makes a person vulnerable? Desire. *What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel.* (James 4:1-2) Controlling desires, then, would seem to be essential to “going and sinning no more.”

But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. (Romans 13:14) The scriptures identify a large group of desires to which the Christian is to be dead. There are unnatural desires (Jude 117); evil desires (Colossians 3:5); deceitful desires (Ephesians 4:2); sinful desires (Jude 1:16); harmful desires, such as the desire to be rich (1 Timothy 6:9); desires of the world (1 John 2:17); desires of the flesh and desires of the eyes (1 John 2:16; Galatians 5:16). Desire for those kinds of things can be very powerful making the temptations connected to them extremely compelling, almost overpowering. Romans 13:14 says to make no provision for the flesh, to gratify its desires. In other words, there is to be no intentionality, no

planning, no deception or secrecy in order to satisfy those kinds of desires.

Eliminating evil desires gets rid of the things that satisfy those desires, but failure to fill the void only solicits a return of the very same evil desires. *Like a dog that returns to his vomit is a fool who repeats his folly.* (Proverbs 26:11) We must actively change our desires. We must no longer want the things of the world, but rather the things of God. Some might argue that we have little, if any, control over our wants and desires. I would argue that our problem is not that we are not in control of our desires, but that we have abdicated that control and allow ourselves to be manipulated into wanting the things that appeal to our flesh, not our spirit.

But the word of God says; *Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.* (Matthew 5:6) *Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation* (1 Peter 2:2). For me, Psalm 119 expresses the writer’s passion for God’s word and God’s will better than any other Bible passage. Consider these: *My soul is consumed with longing for your rule at all times.* (verse 20); *Behold, I long for your precepts; in your righteousness give me life!* (verse 40); *Oh how I love your law! It is my meditation all the day.*(verse 97); *How sweet are your words to my taste, sweeter than honey to my mouth!* (Verse 108).

So many more scriptures could be cited expressing the pure joy in being dead to sinful desires and alive to spiritual desires. Let us all strive to our utmost to go and sin no more.

