

April 26/27, 2025

"How Do I Break Free From Sin?"

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**Beyond the
Weekend**

SPEND DAILY TIME WITH GOD AS YOU READ, THINK, PRAY + ACT.

2025 Focus: 50 Key Truths

Each Friday, explore a key truth about our Christian faith and how we can live in light of this truth.

Day 1 [Galatians 5:1](#) | You Asked For It

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. Galatians 5:1

Questions about living out the Christian faith have always been part of believers' lives. From the church's beginning, believers have wrestled with questions about God and how the truths of Scripture affect everyday life. Much of the New Testament consists of letters written to early churches to answer practical questions about faith and Jesus. In today's passage, Paul, who authored much of the New Testament, responds to the Galatians' spiritual confusion with a powerful reminder that Christ set them free from sin's burden.

We still wrestle with many of the same questions today, including how to break free from sin. Throughout the "You Asked For It" sermon series, we will look into God's Word for answers to our biggest questions about faith. The Bible guides us toward the full life God created for us and provides practical wisdom for our most challenging faith questions. This week, we'll look at three components to the question, "How do I break free from habitual sin?" We'll discover that remaining in Jesus, bringing our sin into the light and walking with the wise brings true freedom. As Paul reminds the Galatians, true freedom comes through Christ. We can break free from sin through the power of Jesus at work in us.

TODAY: Take a moment to reflect on areas where you feel burdened or trapped. Christ died to set you free from these very things. Write down one question about faith that you're wrestling with, and bring it to God in prayer. Commit to joining us for the four-week, "You Asked For It" series. Consider inviting someone who might be asking similar questions to join you. Find all service times and locations [HERE](#).

Day 2 [John 15:1-10](#) | Vine and Branches

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5

God uses vineyard imagery throughout Scripture to illustrate his relationship with his people. His people are to grow spiritual fruit and bless the world. However, through the prophet Isaiah, God describes Israel as his vineyard that produced bad fruit ([Isaiah 5:1-7](#)). Jesus, God's Son, later declares himself the "true vine," revealing he is the way God's people can produce the fruit God desires. This powerful metaphor teaches that without a connection to Jesus, spiritual fruit is not possible.

Being connected to the vine starts with accepting Jesus's love and forgiveness through his death on the cross for our sins. Breaking free from sin begins by admitting we need Jesus and that apart from him, we can do nothing ([John 15:5](#)). Sometimes, we accept his forgiveness but struggle to receive and remain in his love. We might think

we need to work *harder*, but Jesus is waiting for *surrender*. Through his Holy Spirit, he transforms our character to produce the fruit of “love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control” ([Galatians 5:22-23](#)).

TODAY: You cannot break free from sin apart from Jesus. If you’ve never accepted his love and forgiveness, today is the day. Tell him about your sin and that you believe he died and rose again to set you free from sin. If you’d like to have a conversation about accepting Jesus, email us at btw@adabible.org. We’d love to talk with you. If you already follow Jesus, thank him for your connection to him as the vine. Join Ada Worship as they sing “[Firm Foundation](#)” and praise Jesus for being your solid ground.

Day 3 [1 John 1:5-10](#) | Light and Darkness

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1:7

John was one of Jesus’s closest followers. He understood that all believers still sin. Years after Jesus’s death, John writes to the early church, knowing they struggle with sin, but warns them not to stay in habitual patterns of sinful behavior. Jesus calls his followers to live in the light and come out of the darkness of sinful patterns. John reminds these believers that confession brings sin into the light, and God will forgive and purify them through Jesus ([1 John 1:9](#)).

We may still struggle with habitual sin, but through Christ’s power, we can be free. John teaches three key ways to live in Jesus’s light. Freedom begins with being honest with ourselves about our sin. We also must be honest with God through confession, which means agreeing with God that our sin is wrong and against him. Finally, we need to be honest with at least one other trusted believer about our sin. This kind of honesty brings sin into the light so we can begin to experience deepened freedom and fellowship with God and others.

TODAY: Take an honest inventory of your actions. Is there a pattern of habitual sin you need to admit to yourself, to God and to someone else? Confess that sin to God. Then, talk to someone who can help you navigate this issue, whether a trusted friend or email us at care@adabible.org. Join us today for more conversation about breaking free from sin on the [Beyond The Weekend Podcast](#).

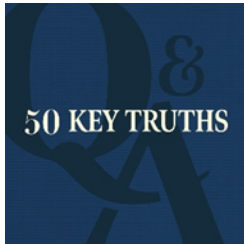
Day 4 [Proverbs 13:20](#) | Wise and Foolish

Walk with the wise and become wise, for a companion of fools suffers harm. Proverbs 13:20

The book of Proverbs is a collection of wisdom that offers practical insight for godly living. Many concise, memorable sayings are presented like a father instructing a son on how to make God-honoring decisions for everyday life, including how to walk the path of wisdom and avoid foolishness. [Proverbs 13:20](#) teaches that the people who surround someone make a significant difference in character development.

It’s still true today that who we associate with is who we become like. If we are surrounded by grateful people, we are more likely to express gratitude. Similarly, if we are struggling with a sinful habit, it’s likely our friends struggle with that sin, too. To break free from sin, we may need to reframe our friendships or shift how much influence they have in our lives. In seasons of breaking free from sin, we may need to prayerfully consider who is in our inner circle, their influence on our lives and whether they point us toward freedom in Christ or encourage us to stay stuck in patterns of sin.

TODAY: Spend time thinking about your inner circle and the habits or character traits they reinforce in you. Who models a wise, godly life? Think about the sinful patterns you confessed yesterday and ask the person you confessed them to if they would be willing to have a conversation with you to help you grow. If you have experienced the freedom Jesus offers from sin, ask God whom he would have you walk alongside in their journey to break free from sin.



Day 5 [Romans 5:12](#) | Question 16: What is Sin?

Question: What is sin?

Answer: Sin is missing the mark for which we were created, disobeying God and rebelling against his will.

Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned. Romans 5:12

Paul identifies man's disobedience as the moment sin entered history, bringing with it the devastating consequence of death (see [Genesis 3](#)). The Greek word for sin in the Bible—"hamartia"—literally means "to miss the mark." Sin is not merely breaking God's rules; it is falling short of God's purpose for humanity. Sin is fundamentally relational—a turning away from the relationship with God. Adam and Eve's rebellion involved a rejection of God's loving boundaries and a desire to place themselves in God's position. This disobedience fractured humanity's relationship with God, each other and creation itself, introducing death where life was meant to flourish.

So, sin isn't only about external behaviors; it's about a heart that has turned from God. When we sin, we're distorting the life our Creator intended, choosing temporary pleasure or self-determination over trusting his wisdom and love. This perspective helps us see that salvation is forgiveness for wrong actions and restoration of a broken relationship. It explains why even seemingly "small" sins matter—each act of disobedience represents a relational break with our loving Father. Recognizing sin as relational rebellion helps us understand our deepest problem and appreciate God's remedy through Jesus, who came to restore what was broken in the Garden. Faith in Jesus reconciles us to God and restores us to our created purpose.

TODAY: Consider areas where you might be "missing the mark." Rather than focusing only on outward behavior, examine attitudes of independence, self-reliance or distrust toward God. Confess these as sin, thanking God for his forgiveness through Jesus. Ask him to help you walk in renewed trust and obedience today.