

8 Key Points to Get Victory Over Secret Sins

Respond to the conviction of the Holy Spirit.

As there is a battle between your flesh and your spirit and right now your flesh is winning, He's causing you to recognize the need for freedom from this stronghold. You need God; you can't do it in your own strength or power. While the conviction of the Holy Spirit is uncomfortable, it's full of love and gentleness—yet simultaneously exciting and freeing. God's plan is to provide hope out of your mess. This issue doesn't have to define you forever.

Confess your sins (1 John 1:9).

You might have already confessed this to God, but I want to encourage you because we don't always think the way God thinks. Read that verse because it's full of His promises to you. Don't allow condemnation to overtake you. The Holy Spirit convicts; the devil condemns.

Put on some anointed worship music.

A part of you might want to stay in your secret sin. Let's be real. After I confess my sins to God, I don't necessarily want to walk away from my sin forever. Sin gives a temporary pleasure. That's where most of the battle is, sometimes. But I noticed something in 1 Samuel 16:13 and 23 one day. David was anointed before he played for Saul. He played for Saul under this anointing and three things happened to Saul:

- Refreshing. Saul was refreshed, which means revive there. Do you need revival?
- Healing. Saul was well. He received healing, and he wasn't necessarily seeking it.
- Deliverance. The evil spirit departed from him. No one had to cast it out.

Go on a Fast.

Fasting also breaks yokes of bondage. "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?" Isaiah 58:6. See my post on the benefits, how-to's, and why's of fasting.

Put a plan together.

Psalm 119:11 says that if you hide God's Word in your heart you won't sin against Him. Gear up for battle. What one, two, three (or more!) verses are you going to pick out, memorize, pray, and say when that temptation hits? Worksheets to help with this are in Insider Resources.

Make changes where needed in the natural.

Ask God for wisdom on what to do about this. Remember, He gives a generous outpouring of wisdom to those who ask—it's a promise (James 1:5).

Consider accountability.

Get a trusted person to cover you in prayer and encourage you when you are feeling weak. We thrive with accountability.

Now it's time to thrive spiritually.

Don't let this hinder you. Instead, guard your heart (Proverbs 4:23). Keep a Daily Time with God and regularly nourish your spirit to overcome temptations. Continue to grow and make amazing memories with God.