

LESSON 4

SANCTIFICATION MANAGEMENT

Sin is a cancer that needs to be removed (T.B.F.A.B.)

By Brian S. Holmes

Copyright © 2021. Brian S. Holmes. MPowered Christian Ministries. All rights reserved. <https://MPoweredChristian.org>

Excerpted from: Holmes, Brian. "[Driveway Discipleship](#)" [The Empowered Christian Series] Clearwater, FL: MPowered Christian Publishing, 2021.

Permission for reuse by ABNSat, Trinity Channel, and their affiliates for use when provided free of charge.

Made available through a partnership with Missionary Church, Inc. <https://MCUSA.org>

Scripture quotations taken from Holy Bible, New International Version®, NIV® Copyright 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.



Christians need to diligently pursue sanctification, which is the process of God changing us, making us good and holy, from the inside-out. Now, our “being good” isn’t helping to save us. Salvation is the gift of God, by His grace alone, because we trust in Jesus, as Ephesians 2:8-9 says. This is about who we *become after* being saved. It’s not enough we just stop committing big sins and try to do better. God desires and intends us to become like Jesus. 1 John 3:2-6 says, *“Beloved, we are God’s children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. And everyone who thus hopes in him purifies himself as he is pure. Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness. You know that he appeared in order to take away sins, and in him there is no sin. No one who abides in him keeps on sinning; no one who keeps on sinning has either seen him or known him.”*

In the book *The Empowered Christian Road Map* Pastor Brian Holmes teaches a number of things I think will be helpful to you. First thing is to change the way we see sin. He wrote, *“Sin is not a disease that needs to be managed. It’s a cancer that needs to be removed.”* It’s not enough to just stop choosing to act on sin by not committing the sinful behavior. As though we’re still supposed to be full of sinful thoughts and desires we just don’t act on. Sin is like a cancer. It will keep growing, getting bigger, trying to replicate itself, and spread itself throughout the rest of our system. We don’t want to treat it like a disease to manage. Visiting God weekly like a doctor to unburden our guilt, confess our sins, ask for forgiveness, and get our sin treatment to heal the sin damage caused during the week. We need to get to the root and destroy it. We need to go to where the sinful desire *starts*, recognize it for the wickedness it is, come into agreement with the Lord that we don’t want it, and ask the Lord to destroy it at its root. Pastor Holmes shares his story about the process he used to overcome his old anger problem, as well as pornography, lust, and other sins in a similar way. Make the commitment today to destroy your sin too.

The second thing is the sanctification process isn’t supposed to feel natural. It isn’t natural! The “old

sinful you” is supposed to be dead, remember? It died with Christ. Romans 6:6 says, *“For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin-”* So, it isn’t going to feel normal. It isn’t. Your normal habits and routine way of thinking and feeling and behaving is going to feel at odds with this new way, the way of the Holy Spirit. But He must be in charge now. We must learn to submit to Him. Galatians 5:16 says, *“walk by the Spirit, and you will not gratify the desires of the flesh.”* Since this is new and requires change it will not feel comfortable or certain. It will feel difficult and uncertain, and maybe even stressful or painful sometimes. We must do it anyway. We must change. We must continue to become the new creation.

How how *do* you change and where do you start? Pastor Holmes developed an acronym: T.B.F.A.B. **Think**, leads to **Believe**, leads to **Feel**, leads to **Act**, leads to **Be**. Who we are is what we repeatedly do. And what we do begins with our thoughts. Our thoughts initiate and drive the rest of the chain via cause-and-effect. If we don’t believe in the thought or embrace it it usually won’t drive our emotions. We’re also usually emotionally engaged before we act. For example, you won’t *Feel* depression unless you first *Think* about depressing things and then *Believe* them to be true or worth focusing on. You won’t *Be* an angry person if you don’t first *Feel* angry and then *Act* angry. You won’t *Act* on lust if you don’t first allow yourself to *Think* about things that produce lust, *Believe* that it’s okay to continue to do so, and then let those thoughts stir up the *Feelings* of lust. Remember, you can stop up the process at any point in the chain. You could think a lustful *Thought* and then instead of *Believing* in it, and allowing it to take root and entertain it in your mind, cast it away immediately instead. Choose to *Think* about something else, and then allow that to move forward through the chain. Think about something else, something good and pure, something you believe is true and good, something you want to feel, and to act on, and to become. Let the Holy Spirit guide and empower you in this process. Train yourself to be disciplined in it, and you will eventually gain mastery over it. Now your energy won’t be used up in a daily rigorous struggle with your sin disease and can be used to glorify God and advance His Kingdom instead!

Examine the fruit of your life and heart. If you’re *Being* something you shouldn’t, or *Act* in a way you shouldn’t, examine the front of the chain. Closely examine what sinful or false *Feelings*, *Beliefs*, and *Thoughts* are at the root cause of it. Confront it there with the truth of the Gospel and shine the light there! Jesus purchased for us abundant life with His blood. In gratitude, let us honor Him not only with what we do but with everything that we are. Romans 12:1 says, *“in view of God's mercy, offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship.”* 2 Corinthians 7:1 says, *“Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”*

Let’s pray. Heavenly Father reveal to my heart and mind whatever thoughts, beliefs, or behaviors I do that I need to change. Help me to listen to and surrender to your Spirit and become like Jesus. Amen.