

Of the Mortification of Sin in Believers

If ye through the Spirit do mortify the deeds of the body ye shall live (Rom. 8:13b; KJV)

Lecture 9—Guidance for Troubled Souls (#3)

Chapter 11 (56–62)

I. Particular Direction 3: “Load thy conscience with the guilt of it”

A. God’s Method (57–58)

1. Charge your conscience with guilt against the law
 - i. Tell your conscience that it is not free from the condemning power of sin while unmortified lust lies in your heart
 - ii. The law’s charge from God is to find transgressors and bring them before his throne
 - iii. The proper work of the law is to discover sin
2. Bring thy lust to the gospel

B. Descend to Particulars (58–59)

1. The infinite patience and forbearance of God
2. The infinite grace of God
3. God’s dealings ought to take place here

- II. Particular Direction 4: “Get a constant longing, breathing after deliverance”**
- III. Particular Direction 5: “Consider whether the distempler . . . be not rooted in thy nature”**
- A. This is not an extenuation (from the Latin, *extenuatio*, a partial excuse) of the guilt of sin
 - B. Without extraordinary watchfulness, care, and diligence it will prevail against your soul
 - C. For these kinds of sins, there is one particular remedy: bringing the body into submission
 - 1. The outward weakening of the body is not a thing good in itself but is a means to an end
 - 2. Fasting and watching do not mortify of themselves but are means of the Spirit
- IV. Particular Direction 6: “Consider what occasions, what advantages thy distemper hath taken to exert and put itself forth, and watch against them all”**
- V. Particular Direction 7: “Rise mightily against the first actings of thy distemper”**