

A FRAMEWORK FOR KILLING SIN

The CLING Framework

Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.

HEBREWS 12:1

THE FIVE PARTS

C

Cram It

Fill your mind with God's Word

L

Logic

Reason with yourself against temptation

I

Invest in New Clothes

Replace old habits with new ones

N

Notice

Be alert to where sin hides

G

Grace

Remember God's power at work in you

C Cram It

Fill your mind with God's Word

Your mind needs to be crammed full of Scripture. This is your first assignment for killing sin. Scripture is the primary means the Holy Spirit uses to grow you in sanctification. It's where you see Christ in his glory! You need to look at him daily.

KEY TRUTHS

- Read your Bible daily — pick it up and begin to read
- Listen to the Bible while driving or working
- Memorize Scripture for hard times and temptation
- Write notes, questions, and prayers as you read

ACTION STEPS

1. Set a daily alarm to read at least one chapter
2. Pick one verse each week to memorize
3. Keep a small journal next to your Bible for observations
4. Listen to an audio Bible during your commute or chores

DANGER SIGN

You go multiple days without opening Scripture and don't feel the loss. Your mind fills up with something — if it isn't God's Word, it will be the world's.

SCRIPTURES

"Your word is a lamp to my feet and a light to my path."

PSALM 119:105

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness."

2 TIMOTHY 3:16

"I have stored up your word in my heart, that I might not sin against you."

PSALM 119:11

L Logic

Reason with yourself against temptation

You need to start thinking and reasoning with yourself when temptation hits. Don't let your mind wander wherever it wants. Train your old patterns of thinking to be in conformity with Christ. Be renewed in your mind by using what you learn from Scripture to fight temptation.

KEY TRUTHS

- Pause and ask yourself what's really happening
- Recall Scripture that speaks to the temptation
- Sin is all talk — it can't deliver what it promises
- Pray for understanding and the right Scripture when needed

ACTION STEPS

1. When tempted, stop and ask: 'What is sin promising me right now?'
2. Follow up with: 'What does God's Word say about this promise?'
3. Write down 3 lies your recurring sin tells you — then write the truth next to each one
4. Practice talking back to sin out loud: 'You promise pleasure, but you bring death'

DANGER SIGN

You stop questioning your desires and just follow them on autopilot. Temptation starts to feel normal instead of alarming.

SCRIPTURES

"But each one is tempted when he is carried away and enticed by his own lust. Then when lust has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death."

JAMES 1:14-15

"Do not be conformed to this world, but be transformed by the renewal of your mind."

ROMANS 12:2

"We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ."

2 CORINTHIANS 10:5

I Invest in New Clothes

Replace old habits with new ones

A big piece of killing sin is not making provision for it. Take off the old and put on the new self. Before Christ, you developed life patterns that revolved around satisfying physical desires. After Christ, you need new habits to replace old ones.

KEY TRUTHS

- Fellowship: Be with God's people who share your mission
- Prayer: Be in constant prayer, asking God for help
- Scripture: Replace endless scrolling with flipping Bible pages
- Lay aside every weight and sin that clings so closely

ACTION STEPS

1. Identify one sinful habit and choose one godly replacement for it this week
2. Delete or block one app or bookmark that feeds temptation
3. Schedule weekly time with a believer who challenges you to grow
4. Before bed, replace screen time with 10 minutes of prayer or reading

DANGER SIGN

You keep saying 'I'll stop someday' but never change your environment. Old patterns remain untouched and unchanged.

SCRIPTURES

"But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts."

ROMANS 13:14

"Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds, and put on the new self."

EPHESIANS 4:22-24

"If then you have been raised with Christ, seek the things that are above."

COLOSSIANS 3:1

N Notice

Be alert to where sin hides

Notice where sin is, where it's hiding, when it tempts you the most, and where your weaknesses are. Sin will always try to convince you that you aren't that bad. You need people who will help you notice things you don't.

KEY TRUTHS

- Find trusted believers who can point out your blind spots
- Confess sin — lay it out in the light, don't hide it
- Notice both outward and inward expressions of sin
- Be open to correction from other believers

ACTION STEPS

1. Keep a short log of when and where temptation hits hardest this week
2. Ask one trusted friend: 'What sin patterns do you see in me that I don't?'
3. Before you fall asleep, review the day — where did you give in? Where did you resist?
4. Confess a specific sin to a trusted believer this week, not just to God privately

DANGER SIGN

You start hiding from accountability. You avoid honest conversations about your struggles and keep everything surface-level.

SCRIPTURES

"Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us."

HEBREWS 12:1

"Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting."

PSALM 139:23-24

"Therefore, confess your sins to one another and pray for one another, that you may be healed."

JAMES 5:16

G Grace

Remember God's power at work in you

In all your fight, remember that God will bring you through this. You were saved by his grace, and you will win by his grace. He loves you. He called you. He will do what he promises. You're not fighting with your own strength!

KEY TRUTHS

- God who began a good work will bring it to completion
- It is God who works in you, both to will and to work
- Every victory and right choice is from the work of God in you
- Without grace, all effort would be useless

ACTION STEPS

1. After each failure, preach the gospel to yourself: 'Christ died for this specific sin'
2. Write down 3 ways God has already changed you since you first believed
3. When you feel defeated, read Romans 8:1 and say it out loud
4. Thank God for one specific victory over sin this week, no matter how small

DANGER SIGN

You start believing you're beyond help, or you swing the other direction and think you don't need help at all. Both are lies.

SCRIPTURES

"And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

PHILIPPIANS 1:6

"There is therefore now no condemnation for those who are in Christ Jesus."

ROMANS 8:1

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'"

2 CORINTHIANS 12:9