

Preach The Gospel To Yourself

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“There is simply no other way to compete with the forebodings of my conscience, the condemnings of my heart, and the lies of the world and the Devil than to overwhelm such things with daily rehearsings of the gospel.”—Milton Vincent, The Gospel Primer.

1. Remind yourself that God is holy:

- He is absolutely pure, transcendent, and awesome. Sin cannot be in His presence.

2. Remind yourself of the sinfulness of sin:

- Remind yourself how once you were enslaved to sin, lost and without hope.
- Remind yourself of the sin that remains and wages war against the Spirit.

3. Remind yourself of what Jesus’ sinless life and death purchased for you:

- Forgiveness - Jesus’ blood was shed and His body broken to cleanse you from all your sin, past, present and future. You are freed from the penalty and power of sin.
- Redemption – Jesus paid the price to free you from slavery to sin.
- Reconciliation – Jesus restored your relationship to God by removing your hostility toward God and His wrath toward you.
- Propitiation – Jesus appeased God’s wrath by taking the penalty you deserved.
- Justification – In God’s court, your sins were credited to His account, such that you are declared “not guilty.” And His righteousness was credited to you, such that you are counted in God’s sight as having perfectly obeyed the law of God.
- Adoption – Jesus’ death purchased family status for every believer, and through him God has become your Father. You have all the rights of “sonship.”

4. Remind yourself and believe the precious promises of God’s Word:

- Psalm 103:10-12 “he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.”
- Isaiah 1:18 “‘Come now, let us reason together,’ says the LORD. ‘Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.’”
- Isaiah 53:6 “We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on him the iniquity of us all.”

- Micah 7:19 “You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea.”