

Why do we sin? Understanding The Process of Sin (How It Happens)

Romans 7:24

Introduction

Have you ever asked yourself this question: *What would a world without sin look like?*

Take a moment and really think about that. What would life be like if there were no lies... no pain... no broken relationships... no guilt... no fear?

Imagine waking up every day in a world where everything is right, where love is pure, peace is constant, and nothing is out of place.

This isn't just a dream or wishful thinking. The Bible actually gives us a picture of that kind of world. In the beginning, before sin entered, Adam and Eve lived in perfect harmony with God and creation (Genesis 1–2). And at the end of the Bible, we see a promise of that world restored. A place with no more pain, suffering, or death (Revelation 21:4).

So if that's the kind of world God intended... and the kind of world He promises to restore...

What happened? Why do we live in a world filled with sin, brokenness, and struggle?

Today, we're going to explore that question by looking at what the Bible teaches about the process of sin—with the hope that each of us learns to die daily to the flesh, so we can be led by the Spirit of God and fulfill the purpose that God has for our lives.

1. What Is Sin?

Definition (biblical):

Sin is any thought, action, or attitude that goes against God's will. Sin is not just breaking rules, it's missing God's standard and rejecting His authority.

The process of sin (How it happens?)

1. **Desire (internal craving)** - Human desire was created by God to lead us toward Him, but when it is mishandled, it can lead us away from Him. The Bible teaches that desire itself is not the problem; rather, it is when our desires are drawn away from God and toward sin that they begin to give birth to destruction. At the core of every human heart is desire (either a longing for God or a longing for something in His place), and what we desire most will ultimately shape who we become. When those desires are misdirected, they become the starting point of sin, pulling us away from walking in the Spirit and instead leading us toward the flesh.

James 1:13-15, Galatians 5:16–24, Jeremiah 17:9-10

2. **Temptation (being drawn away)** - Temptation is the doorway to sin, but not sin itself—it is the moment where our choice is revealed. The Bible shows that temptation begins when we are drawn away by our own desires, yet it only becomes sin when we choose to act on it. Temptation is not a sign of weakness, for even Jesus was tempted and yet did not sin (**Hebrews 4:15**). Every temptation presents a decision: to satisfy the flesh or to submit to the Spirit. While God may allow temptation, He is faithful to always provide a way of escape for those who seek Him (1 Corinthians 10:13). **Matthew 4:1-11, Matthew 26:41, James 4:7-8**

3. **Sin (acting on it)** - Sin is not just an outward action but a condition of the heart that separates us from God. The Bible teaches that all have sinned and fall short of His glory (**Romans 3:23**), and while sin may promise satisfaction, it ultimately leads to brokenness and death (**Romans 6:23**). It distorts what God created as good, replacing truth with deception and drawing us away from His will. When left unchecked, sin grows, hardens the heart, and creates greater distance between us and God, keeping us from the life He intended.

Isaiah 59:1-4, John 8:31-36

4. **Death (spiritual consequence)** - Spiritual death is the condition of being separated from God as a result of sin, leaving us disconnected from the life and presence He intended for us. The Bible teaches that while we may be physically alive, we can be spiritually dead in our transgressions (Ephesians 2:1), unable to experience true life apart from Him. Sin not only brings physical consequences but also creates a barrier between us and God, dulling our hearts and distancing us from His truth. Yet, through His grace and mercy, God offers new life, for it is only in Him that what was once dead can be made alive again. **Genesis 2:17, Galatians 6:8**

Closing

From the very beginning, God's original intent for humanity was to live in perfect relationship with Him. Walking in His presence, reflecting His image, and experiencing the fullness of His love, peace, and purpose. Even though sin has distorted that design, it has never changed how God sees us. He does not define us by our failures or brokenness, but by His love and the value He placed on us from the start. We are still His creation, still His children, and still deeply desired by Him. His heart has always been to restore what was lost, to draw us back into relationship, and to remind us that we were created for more. More than sin, more than struggle, and more than separation. Instead, More connection, More alignment, More love, and More glory for the Creator (God) because of the acts of his Creation (Us). And yet while we were still sinners, Christ died for us (Romans 5:8)!