

Sin Costs Too Much

Have you ever heard a fire and brimstone message that portrays us as sinners in the grip of an angry God? If you have, you understand why many avoid discussing sin and sinful actions. Who would want to worship a God who is always angry, punishing them, and holding salvation just out of reach? No one! Everyone resents love that must be earned through good behavior. Love that is earned is not love; it is what we are owed. **Yet, we must still understand sin's high cost on our emotional and relational well-being.**

Love Cannot Be About Behavior or Performance

Although many of us perceive God as loving, on a subconscious level, many believe that God's love is conditional—extended only to those who are saved or deemed good enough. Nothing could be further from the truth. Consider what Romans 5:6, 8-10 says about God's unconditional love.

For while we **were [past tense] still helpless**, at the right time Christ died for the **ungodly**. But God demonstrates His own love toward us, in that **while we were [past tense] yet sinners**, Christ died for us. Much more than, having now been justified by His blood, we shall be saved from the wrath of God through Him. For if while **we were [past tense] enemies** we were reconciled [past tense] to God through the death of His Son, much more, having been reconciled [past tense], we shall be [perfect present tense] saved by His life.

God showed that His love extends to everyone, regardless of our actions or performance. While we were "helpless," "ungodly," "sinners," and even seen as His "enemies," God sent Christ, who selflessly died to redeem us from sin and death. His love for you existed before you were born. **His love has never been and will never be based on your behavior or performance.** You may think, "Then why did God give us all those commandments to obey?" That is a reasonable question.

Love Protects

When God instructed Adam not to eat from the Tree of Knowledge of Good and Evil, it demonstrated His love. Similarly, when a parent tells a child to avoid touching the stove or hitting a sibling, it demonstrates love. **True love always seeks to warn and protect us from harmful consequences that can impact the quality of our inner lives and relationships.**

When God gave commands, like do not steal, lie, commit adultery, kill, dishonor your parents, or covet, it was because sin inevitably leads to conflict and frustration within our soul and relationships. Sin is the root cause of fear, shame, anxiety, depression, anger, self-loathing, and confusion.

When these intense emotions overwhelm our souls, we tend to isolate ourselves and withdraw emotionally, leaving us feeling hollow and without a meaningful purpose in life. **If we do not recognize what is happening within us, we may mistakenly believe we are the problem.** This is incredibly defeating!

Why did God give the commandments? Because He loves us, and love always protects.

Love Provides

Additionally, God gave the commandments to help us recognize our struggle to love ourselves and others. **We often find it difficult to accept ourselves because we judge ourselves as “not good enough” regarding our appearance, intelligence, kindness, or other attributes.** The harder we attempt to love ourselves and others, the more our vulnerabilities come to light. God uses these challenges for a greater purpose. Ultimately, they highlight our need for a Savior and the divine strength to love ourselves and those around us.

Debunking the Lie

The world may say sin doesn't matter, but our soul and body testify to the inner turmoil caused by sin, debunking that lie. You probably noticed that Adam and Eve experienced fear and shame immediately after they sinned. **These crippling emotions were not from God.** They were the ripple effect of sin that God warned against.

Sinning impacts our perspective, emotions, and choices. Over time, our bodies also begin to feel the burden and exhaustion of sin, which may contribute to health issues. **We psychologically and physically still respond to sin as Adam and Eve did in the Garden of Eden.** Sinful choices flood our system with neurochemicals such as cortisol, adrenaline, and norepinephrine, impacting our ability to sleep, concentrate, and maintain a healthy weight. These chemicals can lead to symptoms like sweating, tension, restlessness, hyperactivity, and hyper-vigilance. They also contribute to muscular tension, headaches, back pain, and stomach discomfort. The influx of these neurochemicals generates fear, shame, anger, and unrest. Ultimately, sin gradually undermines our entire well-being. Sin does matter, and it goes far beyond the idea of breaking an authoritarian and loveless rule.

God's Solution

God has already demonstrated that He loves us and that it is not about our behavior, but sin costs too much to continue. God's solution is simple. Go to God for help to stop sinning. Sin only robs you of peace, joy, and the freedom to enjoy life, yourself, and others.

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Hebrews 4:15–16

Do you hear the Father's tender kindness toward you? **He sympathizes with your weaknesses. He is not angry with you.** Christ has already brought you to Father God to receive overcoming power during your times of need. Approach Him confidently; it is a throne of grace, not condemnation. In His presence, you will find His mercy and supernatural help.

Father God,

Thank You for your unwavering love. Sin has robbed me of my peace and joy. I am done with (list specific sin) and need your help to say “no” to temptation. Father, renew my mind and desires. Align them with your perfect and pleasing will for my life. Amen.