

Approximately 45 minutes Topical



Why Don't I Feel Bad When I Sin?

Main Text: Romans 7:14-25:

Key Verse: Romans 7:19 (NIV)

"For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing."

Opening Prayer:

Father God, in the name of Jesus, we come before You and thank You for Your Word, Your mercy, and Your truth. Lord, we ask that You would search our hearts today. Wake us up where we have grown dull. Soften us where we have grown hard. Convict us where we have drifted. Encourage those who are struggling,

restore those who have wandered, and draw the lost to salvation through Jesus Christ. Speak clearly by Your Spirit, and help us receive Your Word with humility and faith. In Jesus' name, Amen.

Introduction:

Today we are looking at a very honest and important question:

Why don't I feel bad when I sin?

That is a question many believers ask **quietly**. They may never say it out loud, but it troubles them deeply.

- They know the truth.
- They believe in Jesus Christ.
- They know what the Bible says.
 - 👉 But then they sin, and afterward they do not feel the guilt they think they should feel.
 - The anger does not sting like it once did.

- The lust does not seem to shock them anymore.
- The lie comes easier than it should.
- The bitterness stays longer than it should.

👉 And then fear sets in.

They start asking:

- “Have I become hard?”
- “Am I drifting from God?”
- “If I was really saved, wouldn’t I feel worse about this?”

👉 That is where **many** Christians live.

But today I want to say something important right at the beginning:

👉 Not feeling bad about sin does not mean the Holy Spirit has left you.

- Sometimes it means your conscience has become dull because sin has become familiar.

➤ Sometimes it means your flesh has gotten comfortable with something your spirit was never meant to tolerate.

👉 And if you are even asking this question, that is a very good sign **that God is still dealing with you.**

This message is not meant to excuse sin.

- It is meant to expose it.
- It is meant to help the struggling believer.
- It is meant to **warn** the comfortable sinner.

👉 And above all, it is meant to point us back to Jesus Christ.

1. Even believers struggle with sin:

Let us begin with Paul in Romans 7.

Romans 7:15 (NIV) says:

“I do not understand what I do. For what I want to do I do not do, but what I hate I do.”

Then Paul says in **Romans 7:19** (NIV):

“For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.”

And then in **Romans 7:24** (NIV):

“What a wretched man I am! Who will rescue me from this body that is subject to death?”

That is an astonishing passage because this is the apostle Paul speaking.

- This is not a man who is comfortable in sin.
- This is not a man who does not care.
 - 👉 This is a man who loves God, wants to obey God, and yet feels the pull of the flesh.

That matters because some believers think that if they were truly saved, they would never feel an inward struggle again. 🙌 **But the Bible teaches the opposite.**

Before salvation, sin may have felt natural and unchallenged.

After salvation, there is war.

Galatians 5:17 (NIV) says:

17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

🙌 There it is conflict.

The Christian life is not a life with no battle. It is a life with a new battle.

Before Christ, you could sin and move on without much concern.

🙌 After Christ, the Spirit of God begins to deal with you.

Now let me be clear: this **does not** excuse sin.

I am **not** saying, “Everybody struggles, so sin is no big deal.”

Sin is always serious.

- It grieves the heart of God.
- It damages our fellowship with Him.
- It hurts other people.
- It hardens our hearts.

👉 But the struggle itself **does not** prove you are lost.

👉 In many cases, it proves the opposite.

A dead heart usually does not fight.

👉 A living heart does.

2. Why sin can start feeling normal:

Now here is the heart of the message.

👉 Why does sin sometimes stop bothering us the way it once did?

Because repeated sin **dulls** sensitivity.

- What once shocked you can become familiar.
- What once pierced your conscience can become background noise.
- What once grieved you can slowly become something you tolerate.

👉 That is dangerous.

Hebrews 3:13 (NIV) says:

¹³ But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.

Notice that phrase: **sin's deceitfulness.**

Sin lies to you.

It tells you:

- “This is not a big deal.”
- “This is just a weakness.”
- “This is normal.”
- “Everybody does this.”
- “You can deal with it later.”
- “God understands, so do not worry about it.”

👉 And all the while, sin is hardening the heart.

It happens slowly.

The first time, the conscience is troubled.
The next time, there is less resistance.
Then after a while, the sin starts to feel normal.

But Brothers and Sisters, normal does not mean harmless.

- You can get used to anger.
- You can get used to pride.
- You can get used to gossip.
- You can get used to lust.

- You can get used to dishonesty.
- You can get used to prayerlessness.
- You can get used to living with a cold heart toward God.

That does not mean the weight is gone.

👉 It means you stopped noticing it.

It is like carrying a backpack all day. After a while, you barely notice it. But the weight is still there. 👉 That is what habitual sin does. It does not get lighter. You just get used to carrying it.

And the enemy loves that, because the sin you stop noticing is the sin you stop fighting.

3. Conviction is different from condemnation:

This is where many believers get confused.

Some feel numb and think, “*Maybe I am lost.*”

Others feel crushed and think, “*God must be done with me.*”

But we need to know the difference between **conviction** and **condemnation**.

Romans 8:1 (NIV) says:

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

If you are in Christ, you are **not condemned**.

That means your acceptance with God is not based on **your perfect performance**. It is based on the **finished work of Jesus Christ**.

- Jesus died for your sins.
- Jesus rose again.
- Jesus is your righteousness.

So when Satan comes, he says:

- “You failed again.”
- “You are hopeless.”
- “You are fake.”
- “Stay away from God.”

That is **condemnation**.

Condemnation pushes you away from God.

- Conviction pulls you back to God.

Condemnation says, “Hide.”

- Conviction says, “Come into the light.”

Condemnation says, “There is no hope for you.”

- Conviction says, “You are wrong, but come back to the Lord.”

👉 Conviction is a gift.

When the Holy Spirit convicts, He is not trying to destroy you.

👉 He is trying to restore you.

That is why if your heart is asking, “**Why am I not sensitive like I should be?**” that may actually be evidence that God is still working in you.

A hard heart does not care.

👉 A dead conscience does not usually ask that question.

So do not confuse conviction with condemnation.

4. God wakes up dull hearts through His Word:

How does God restore spiritual sensitivity?

Through His Word.

Hebrews 4:12 (NIV) says:

12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

God's Word cuts through excuses.

NOTE: They have proven if you read or listen to the Bible (4) Four times a week you will change your behavior toward the things of God.

 The **Word** of God....

- It exposes what we hide.
- It reveals what we have renamed.
- It wakes up the conscience.

And that is why one of the worst things a **struggling believer** can do is stay away from the Bible.

But that is often exactly what happens.

- They feel dull, so they stop reading.
- They feel ashamed, so they stop praying.
- They feel compromised, so they stop fellowshipping.
- They feel convicted, so they avoid the light.

But the answer is not to run from God.

👉 The answer is to run back to God.

The Word of God **recalibrates** the heart.

Sometimes you can read a verse you have known for years, and suddenly it hits you in a **fresh way**. 👉 That is God doing heart surgery.

And one of the greatest ways God softens us again is by turning our eyes back to the cross.

Because when you look at **Jesus Christ crucified**, you remember two things:

👉 Sin is worse than we think.

👉 Grace is greater than we think.

The cross tells me my sin is not small.
It took the blood of the **Son of God**.

But the cross also tells me I am not beyond hope.

👉 Because **Jesus** paid for my sin completely.

That is where numb hearts start to wake up not merely through shame, but through truth and grace.

5. Name the sin precisely:

If you want your conscience sharpened again, stop speaking in vague general terms.

Many people pray:

“Lord, forgive me for my mistakes.”

“Lord, forgive me if I did something wrong.”

“Lord, help me do better.”

But there is no real change in that kind of vague confession.

Biblical confession is detailed.

Not just:

“I have had a bad attitude.”

But:

“Lord, I have been bitter.”

Not just:

“I have been struggling.”

But:

“Lord, I have been feeding lust.”

Not just:

“I am not perfect.”

But:

“Lord, I have been dishonest.”

1 John 1:9 (NIV) says:

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Confession means agreeing with God.

It means saying:

“Lord, You are right. This is sin. I will not excuse it. I will not rename it. I will not defend it. I bring it to You.”

That is where cleansing begins.

Psalm 139:23–24 (NIV) says:

²³ Search me, God, and know my heart; test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

That is a powerful prayer.

Search me, Lord.

- Show me where I have grown comfortable.
- Show me where I have become numb.
- Show me where I need to come back into the light.

👉 Naming sin removes the camouflage.

6. Do not build your assurance on feelings alone:

👉 This is very important.

Some believers think, *“If I felt more emotional, then I would know I am right with God.”*

👉 But our assurance is not built on feelings.

👉 It is built on **Jesus Christ**.

Now sorrow over sin is real.

Brokenness is real.

Repentance is real.

But tears are not the Savior.

Feelings are not the Savior.

👉 **Jesus is the Savior.**

Some people express sorrow with tears.

Others feel deep conviction more quietly.

The important question is not, “How emotional was I?”

The important questions are:

- “Did I agree with God?”
- “Did I bring my sin into the light?”
- “Am I turning back to Christ?”
- “Do I want to walk in obedience?”

A believer should not say,
“I do not feel guilty enough, so I must not be saved.”

A better response is:

“My flesh has gotten comfortable, but the Holy Spirit is still dealing with me. Lord, make me tender again.”

👉 That is the right direction.

7. How to wake your conscience back up:

Let me make this very practical.

If you have grown dull toward sin, what should you do?

- First, **get back into the Word of God daily.**
Not once in a while. **Daily.** Let God speak.

- Second, **confess sin specifically and quickly.**

Do not let it sit. Do not justify it.

- Third, **cut off what feeds the sin.**

If something is fueling it, deal with it honestly. Do not play games with temptation.

- Fourth, **walk in fellowship and accountability.**

Sin grows in secrecy. There is strength in godly fellowship.

- Fifth, **remember the kindness of God.**

The Lord's correction is not cruelty. It is love.

- Sixth, **keep your eyes on Jesus.**

The Christian life is not just **behavior management**. It is walking with Christ.

👉 The closer you walk with Jesus, the more clearly you will see sin for what it really is.

8. A warning to the person who is comfortable in rebellion:

Now I want to give a **loving warning**.

This message is meant to **comfort the struggling believer**, but it is **not meant to comfort the rebellious person**.

If someone says,

- “I do not care what God says.”
- “I am going to keep living this way.”
- “I will not repent.”
- “I love my sin more than I love Christ.”


 That is a dangerous place.

Believers do struggle.

Believers do stumble.

Believers can grow dull.

But we must never use grace as an excuse to live in ongoing rebellion.

 If sin is ruling you, and you have no desire to turn to Christ, then do not comfort

yourself with religious language. Come honestly to the Lord in repentance.

9. Jesus Christ is the answer:

Romans 7 does not end in despair.

Paul cries out in **Romans 7:24** (NIV):

“What a wretched man I am! Who will rescue me from this body that is subject to death?”

Then he answers in **Romans 7:25** (NIV):

²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God’s law, but in my sinful nature a slave to the law of sin.

That is the answer.

- Not self-effort.
- Not pretending.
- Not shame.

- Not legalism.


Jesus Christ our Lord.

If your heart has grown dull, Jesus can soften it.

If your conscience has grown weak, Jesus can sharpen it.

If your walk has drifted, Jesus can restore it.

 He is not only the Savior who forgives the penalty of sin.

 He is the Lord who gives victory over sin day by day.

Born Again Invitation:

Before we close, I want to speak to anyone who may not truly know Jesus Christ.

- Maybe you know church, but you do not know Christ.

- Maybe you know religion, but you have never been born again.
- Maybe you have tried to clean yourself up, but you have never **surrendered your life to Jesus.**

The Bible says in **John 3:3** (NIV):

³ Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."

To be born again means **God gives you new life through "faith" in Jesus Christ.**

You are a sinner.

Jesus is the Savior.

He died on the cross for your sins.

He rose from the dead.

And He calls you to repent and believe.

You cannot save yourself.

Church attendance cannot save you.

Good works cannot save you.
Religion cannot save you.

👉 Only Jesus saves.

If today you know you need Christ, turn to Him now. This very moment....

You can pray something like this from your heart:

Let us Pray....

“Lord Jesus, I know I am a sinner.... I cannot save myself.... I believe You died for my sins and rose again.... Please forgive me, cleanse me, and give me new life.... I turn from my sin and place my trust in You alone.... Be my Savior and my Lord.... In Jesus’ name, Amen.”

👉 It is really that easy... God made it easy for all of us...

And for the **believer who is struggling**,
your prayer may be:

Let us Pray....

“Lord, I belong to You, but I have grown dull.... Sharpen my conscience.... Soften my heart.... Restore sensitivity in me.... Bring me back into close fellowship with You....” In Jesus’ name, Amen.”

This is a prayer the Lord loves to answer.

Conclusion:

So why don't you feel bad when you sin?

- Sometimes it is because sin has become familiar.
- Sometimes it is because the conscience has grown dull.
- Sometimes the flesh has gotten comfortable.

But if the **Spirit of God** is stirring you, do not panic.

- Do not run.
- Do not pretend.

👉 Come back into the light.

Name the sin.

Confess it.

Get back into the Word.

👉 Fix your eyes on Jesus Christ.

Remember this:

Conviction is not rejection.

👉 It is God loving you enough to call you back.

Closing Prayer:

Father God, thank You for speaking to us through Your Word. Thank You that You do not leave us in our sin, our dullness, or our confusion. Lord, restore tender hearts. Sharpen dull consciences. Bring hidden sin into the light. Strengthen believers who are struggling, and draw lost souls to You LORD today. Help us walk closely with You, honestly before You, and humbly under Your Word. We ask it all in Jesus' mighty name, Amen.



Matthew 28:19-20