



Diehard Sins: Battling Sin with the Power of the Gospel

By [Dave Block](#) March 6, 2025

In *Diehard Sins: How to Fight Wisely Against Destructive Daily Habits*, Rush Witt provides a biblically grounded strategy for identifying and [overcoming persistent sins](#)—those ingrained patterns of disobedience that stubbornly remain even in the life of a maturing believer. Witt does not offer quick fixes or self-help solutions; rather, he directs us to the power of the gospel, the renewing work of the Holy Spirit, and the necessity of intentional spiritual warfare.

Understanding Diehard Sins

Witt describes “diehard sins” as those sins that seem resistant to change, often entangling believers in a cycle of conviction, confession, and recurrence. He explains that these sins resist change, deceive the heart, and require a lifetime of battle. While all sin is offensive to God, these persistent sins pose a unique challenge because they can be minimized, excused, or overlooked in our sanctification.

The Bible speaks clearly about the reality of indwelling sin. Paul laments in [Romans 7:19](#), “For I do not do the good I want, but the evil I do not want is what I keep on doing.” This struggle is familiar to every believer, yet Scripture also provides the way forward: “Put to death therefore what is earthly in you” ([Colossians 3:5](#)). Diehard sins are not to be tolerated but actively mortified.

The Root of Persistent Sin

A key insight in Witt’s book is that diehard sins thrive because they are deeply rooted in the heart. He emphasizes that our sins are stubborn because our hearts

are stubborn, and that the battle against sin is not just about behavior modification but heart transformation. Jesus makes this clear in [Matthew 15:18-19](#): *“But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.”* The fight against diehard sins must be waged at the heart level, not merely at the surface.

A Biblical Strategy for Overcoming Sin

Witt presents a practical and biblical approach to battling sin, focusing on three primary areas: recognizing sin, repenting genuinely, and relying fully on Christ.

1. Recognizing Sin Honestly

One of the first steps to victory over persistent sin is an honest recognition of its presence and seriousness. Too often, believers minimize sin by labeling it as a struggle rather than a rebellion against God. [Proverbs 28:13](#) warns, *“Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”* Confession before God and accountability within the body of Christ are essential to exposing sin to the light ([1 John 1:9](#)).

2. True Repentance and Change

Repentance is more than feeling guilty—it is a Spirit-empowered turning away from sin toward righteousness. Witt explains that true repentance involves both sorrow for sin and a determined pursuit of righteousness. This aligns with [2 Corinthians 7:10](#): *“For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”* True repentance involves both putting off the old self and putting on the new self ([Ephesians 4:22-24](#)).

3. Relying Fully on Christ

The ultimate power to defeat sin does not come from human effort but from Christ Himself. Witt highlights that Jesus Christ not only forgives sin but empowers believers to overcome it. This is why abiding in Christ is essential ([John 15:5](#)). Paul proclaims in [Philippians 4:13](#), *"I can do all things through him who strengthens me."* Victory over sin is not a solo endeavor but a work of God in the believer.

Walking in Daily Victory

While the battle against sin is lifelong, God provides means of grace to sustain and strengthen believers. Witt encourages practical disciplines such as Scripture meditation, prayer, accountability, and consistent engagement in the local church. [Psalm 119:11](#) declares, *"I have stored up your word in my heart, that I might not sin against you."* Immersing oneself in God's Word is a critical safeguard against sin. Moreover, Witt emphasizes that sanctification is a process. He explains that God's grace is not just for justification but also for transformation, and believers can rest in the assurance that He who began a good work will bring it to completion ([Philippians 1:6](#)). Even in seasons of struggle, believers can trust that Christ is working in them.

Conclusion

Diehard Sins provides a biblically faithful and practical guide for those who desire to grow in holiness. Witt does not offer an easy way out but a gospel-centered call to persevere in the fight against sin. Through confession, repentance, and dependence on Christ, believers can experience real change. As [Hebrews 12:1](#) exhorts us, *"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."*

The battle against diehard sins is not fought in our strength but in the power of Christ. As Paul declares, *"But thanks be to God, who gives us the victory through our Lord Jesus Christ"* ([1 Corinthians 15:57](#)).