

*Bro Femi Adebile*

**YOU KEEP REPEATING THE SAME SIN... HERE'S  
WHY**

*Transcribed and Published by [LivingSermons.com](http://LivingSermons.com)*

## **You Keep Repeating The Same Sin... Here's Why**

*Sermon by Bro Femi Adebile*

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## Foreword

There are messages that inspire—and there are messages that confront. This is one that does both. In a generation where many believers sincerely love God yet quietly struggle with recurring patterns of sin, this message by Bro Femi Adebile arrives as both a mirror and a light. It does not merely address the surface of human behaviour; it penetrates into the hidden mechanisms of the heart—where thoughts are formed, patterns are established, and battles are either won or lost.

What makes this teaching particularly compelling is its honesty. It speaks to that private place many avoid discussing—the cycle of praying, promising, falling, and regretting. With clarity and spiritual insight, the preacher dismantles the misconception that repeated failure is simply a sign of weakness. Instead, he reveals a deeper truth: that patterns, environments, and unchecked thoughts are often the true drivers behind persistent sin.

This book does not condemn—it enlightens. It does not merely instruct—it equips.

With practical wisdom rooted in spiritual understanding, the reader is guided beyond emotional repentance into intentional living. The emphasis on identifying triggers, cutting off enabling environments, interrupting destructive thoughts, and replacing harmful habits offers a pathway not just to momentary victory, but to lasting transformation.

As you journey through these pages, you will find that this is more than a teaching—it is an invitation. An invitation to move from frustration to clarity, from cycles to freedom, and from striving to understanding. It is our prayer that this message will not only strengthen your walk with God but also empower you to stand—and having done all, to keep standing.

***Wisdom Epsi— Chief Editor***

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This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

The live sermon from which this message was transcribed can be accessed here: [Live Video](#)

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## ***Main Message***

*Begins Here:*

## Introduction

There is something many people do not say out loud—and you are going to relate with this.

You prayed about it. You cried about it. And you told God, *“This is the last time. I am not doing this again.”*

You promised God, *“It is going to stop here.”*

But somehow, you found yourself back in it again—same sin, same struggle, same regret.

And now you are asking yourself: *“Am I fine? Am I ever going to be free?”*

In fact, you have even concluded that everybody must be battling the same thing.

If you are in that cycle where you keep falling into the same sin over and over again, then this message is for you.

## **You Are Not Weak Because You Failed**

Let me say this to you very clearly:

You are not weak because you failed. I know you have judged yourself and said, *“I am just too weak... I am too undisciplined.”*

No—it is not true.

If you do not understand why you keep falling, the same pattern will continue. So the first thing you need to do is understand the reason behind your fall.

When you understand why you keep falling, then you can diagnose why that sin is being repeated.

Because it is not really about the sin alone—it is about the pattern.

## **Sin Is the Final Stage of a Process**

Most people think sin is simply: *“I just did something wrong.”*

No. Sin is actually the final stage of a process.

There is always:

- A thought
- A trigger
- A moment of negotiation
- Then the action

Nobody wakes up and says, *“Today, I want to commit sin.”*

No—it starts from a thought, then a trigger, then negotiation... before it finally becomes an action.

So you did not fall suddenly—you arrived there step by step.

## **The Hidden Pattern Behind Repeated Sin**

For example, you may have been fine earlier in the day. You prayed. You studied the Word. You were spiritually vibrant.

But later in the night, you begin to feel:

- Lonely
- Stressed
- Bored

Then a thought comes: *“Just this once...”*

And before you realise it, you are back in what you already prayed against hours earlier.

The truth is: you have been fighting the wrong battle.

## **The Real Battle Is Not the Sin**

Many people try to fight sin at the action level.

They say:

*“I will not do this again.”*

*“If I do it again, God punish me.”*

But the real battle is not the action.

The real battle is:

- At the thought level
- At the environment level

That is where the enemy starts from.

You do not fall because you are too sinful.

You fall because you stayed too long in the wrong environment.

You entertained the thought.

You stayed in the environment.

You delayed your escape.

And sin does not need your permission—it only needs your attention.

## **What You Are Really Running To**

Sometimes:

- Loneliness leads to lust
- Emptiness leads to addiction
- Fear leads to compromise

You are not just falling into sin—you are running to something that feels like relief, even though it destroys you.

That is why immediately after committing sin, you feel:

- Guilt
- Shame
- Weakness

And let me say this: the fact that you still feel guilt is a sign that the Holy Spirit is still working in you.

## **Prayer Alone Is Not Enough**

Many people say:

*“I have prayed... I have fasted... I have done seven days dry fasting...”*

But the truth is:

Prayer alone is not enough.

Because you are praying—but you are not changing patterns.

Prayer gives you strength, but structure keeps you standing.

You cannot pray against lust and still:

- Consume the same content
- Stay in the same environment
- Entertain the same conversations

If the pattern does not change, the result will not change.

## **How to Break the Cycle**

### **1. Identify Your Trigger**

There is always a trigger.

Ask yourself:

- When do I usually fall?
- Is it at night?
- Is it when I am lonely?
- Is it when I am tired?

Be honest. Identify it clearly.

### **2. Cut Off the Environment**

Once you know the trigger, remove the environment.

- Break access
- Block access
- Avoid people or places that lead you there

If a relationship pulls you into sin—step away.

If a location triggers it—leave it.

Do not negotiate with sin.

### **3. Reject the Thought Early**

Sin begins with a thought—so stop it there.

Immediately the thought comes:

- Say, “*No, not again.*”
- Stand up
- Leave the environment
- Pray
- Engage yourself

Do not sit and entertain the thought.

If you keep nursing it, it will grow stronger than your resistance.

### **4. Replace—Do Not Just Remove**

You cannot remove a habit without replacing it.

Like a child holding a harmful object—if you take it away without giving something else, the child will cry and return to it.

So:

- Replace with prayer
- Replace with fellowship
- Replace with activity
- Replace with a new environment

Victory is not only in trying harder—it is in living wiser.

## **You Are Not Alone**

Let me say this to you:

You are not the only one fighting this battle.

God understands your weakness. He understands your struggles.

You are not a failure because you fall.

God is not just calling you to try again—He is calling you to understand.

Because when you understand, you can break the pattern.

## **Conclusion**

Enough of praying alone—understand the pattern.

And the day you break that cycle:

- You will be free
- And you will help others find freedom too

## **About the Speaker**

Bro Femi Adebile is a Nigerian gospel film actor, scriptwriter, singer, and director. He is the founder of Proclaimer of Righteousness Evangelical Ministry (PREM), a gospel film production ministry established in 2008 in Ogbomosho, Oyo State. Femi trained under Adeniyi Famewo of Glorious Ambassadors Christ Evangelical Ministry (GACEM) and gained recognition for his performances in gospel films including *Gbemi* and *Kembe Isonu*. He has contributed to productions by ministries such as Mount Zion Faith Ministries, The Kingdom Watchmen, and Calvary Drama Ministry. Femi holds a Bachelor's degree in Computer Engineering from Ladoké Akintola University of Technology (LAUTECH). He is married to Mrs. Rebecca Femi Adebile and is the first child of his family, originally from Osogbo, Osun State, Nigeria.

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Our mission is simple: to preserve the wisdom, revelation, and anointing carried in the preached Word and make it accessible in formats that can be studied, shared, and revisited for generations. By turning sermons into high-quality Christian books and eBooks, we extend the life and influence of each message far beyond the pulpit.

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- **Language Translators**
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