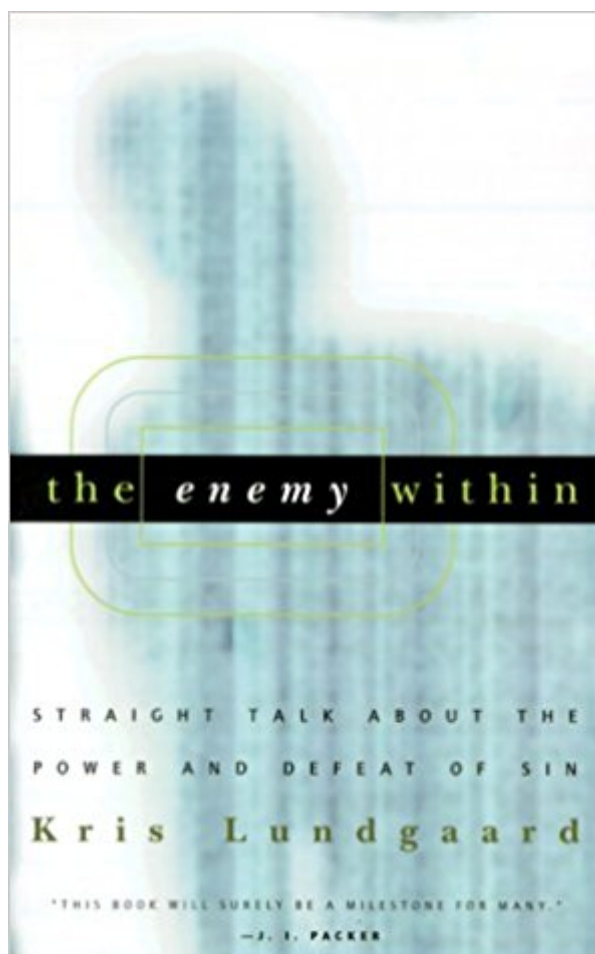


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# The Enemy Within: Straight Talk About The Power And Defeat Of Sin



## Synopsis

How would you like to fight an enemy who, just as you have him on the ropes, always evades the final blow? An enemy who hides just out of reach, lulling you into a fall sense of security, until he drops from nowhere onto your back? That's the advantage of indwelling sin—it lurks in an unsearchable fortress where you can't get to it. But if God has redeemed us from sin—and given us his Holy Spirit to sanctify us and give us strength against sin—why do we go on sinning? Drawing from two masterful works by English theologian John Owen, Kris Lundgaard takes aim at the enemy within. He shares his discovery of hope, renewed love for Christ, an approach to holiness by faith in him.

## Book Information

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## Customer Reviews

". . . fresh, contemporary, highly readable. Every Christian who is serious about holiness should read this book." --Jerry Bridges  
"Kris Lundgaard has done the impossible. He has given us some of the best of Puritan theology in a language all of us can understand. . . . will challenge you to radical spiritual transformation!" --Richard L. Pratt Jr.  
". . . a solid reminder that apart from the grace of God we are far weaker than we can imagine—but greater is he that is in us than he that is in the world." --Bryan Chapell

Kris Lundgaard was associate pastor of University PCA in New Mexico. He is currently a manager in the computer industry. He lives with his wife, Paula, and four children in Austin, Texas.

The Enemy Within: Straight Talk About the Power and Defeat of Sin (1998) by Kris Lundegaard is a remarkable little book. Channeling the wise Puritan John Owen, Lundegaard wrote 150 very practical pages on overcoming the power of sin in the life of the believer. He described the influence of John Owen in his life and thinking about sin but, like most of us, found Owen to be a cumbersome read. Owen is a lot of work; thankfully Lundegaard is not. He took the wonderful ideas of Owen and unabashedly re-worked them for the modern believer and did so commendably. He opened the preface with these words: "If God has redeemed me from sin, and given me His Holy Spirit to sanctify me and give me strength against sin, why do I go on sinning?" This question has plagued me throughout my life of faith. In my lowest moments it has brought despair; it has even darkened the edges of my brightest times (p. 13). Who of us, if we take sin seriously, has not struggled with similar thoughts. Lundegaard takes the rest of the book to explore the hold that sin has over us and the power of Christ to help us to overcome. Lundegaard has provided a useful, readable volume that provides resources against sin and a simple introduction to Owen. Now, to pull Owen off my shelf and try him again.

I would describe this book as a spiritual self-help book that, through scripture, lays out the truth that the "self" is the problem. This, combined with a recent sermon, reminded me that His strength is strongest in my weakness, and drove the point deeper than just to my intellect. A revelation that I cannot force you to share. The wisdom of the original writer, along with the writing of Lundgaard, and a very thorough reliance on scripture, make this to be a great book that I will use for years to come, rather than a bible study to be completed. I recommend to any Christian, regardless of spiritual maturity.

One of my pet peeves is Christian books that are 150 pages long with about 10 pages of actual words. The rest being fluff they added to meet requirements. This book is a short read with 0 percent fluff. It is incredibly helpful and is what many people need to realize that yes, sin is in us, and yes, it is a loathsome, nauseating and disgusting monster, but Christ gives us the power to fight and win!!!! Thanks Kris! Love your book.

The short chapters and marvelous discussion questions in this book make it perfect for a small group format. Be careful not to assign too many pages for a single reading, though, as it's pithy (a lot of content for few pages). Some of the analogies really stick with you, and start a lot of great discussion. Outside of a small group format, this would be a more difficult book, as the temptation

would be to read too many pages at once and not retain much. Still, if you're disciplined and looking for straight talk (and good biblical references) on the power of sin in the believer's life, this might be a good starting place. You'll want to read more than this one book though, as it fails to make all the connections I would have liked (i.e., doesn't get to the good news of Jesus quite as fast or as thoroughly as I would have liked; Jesus conquered sin in the believer's life in a very real way, and talking about the sin issue should always be balanced with this truth). But - this being said, this would be a marvelous starting place if you're concerned about "doing what you don't want to do" as Paul said in Romans. It's short, an easy read, and if you'll look up the Bible verses in the discussion questions, a great start. After you're done with this one, you might want to check out the Pursuit of Holiness by Jerry Bridges. It's a harder read (maybe dictionary in hand) but well worth it.

Friends, if you are like me, you have looked at your Christian walk in this sex-saturated, me-first, convenience-oriented, I'm-OK-You're-OK world and wondered why you don't seem to have the faith or the purity of heart possessed by Paul or Timothy, Peter, James, or the other martyrs. If you're like me, you've grown content to have a less than obedient, less than satisfying, less than life-changing walk with Christ. And maybe at some point you've thought, "I am sick of sin and I want to know Christ better!" only to slip quietly back into your self-indulgent lifestyle. Worst of all, perhaps you've expected the Holy Spirit to sanctify you passively, so that you don't have to be involved or get your hands dirty. If so, then this book may be the springboard for a changed life. Learn what sin is--how detestable it is to God, how powerful it is in each of us, how it quietly appeals to us and blinds us to what God really has intended for His children, and then discover tools you can use to change. I know that my walk will not be the same after reading this book and doing the exercises. It is so easy to read and makes so much sense; I can't believe I was this blind to what sin really is. But now I see.

This book was well worth its ink. Have you wrestled with defining your faith? There are some great passages in here that really helped me understand what faith really is. Best of all, this book gets right into the very human, very sinful part of our behavior that we've become so good at hiding (or so we thought!). Has discussion questions after each brief chapter.

A must read for any christian. This really helps to understand what sin is and where the problem really exists. I highly recommend it to anyone and everyone who is struggling in their faith.

BETTER THAN I COULD EVER KNOW!! The Lord is so Faithful to inspire Kris! This book is a

game-changer! Much needed in our world today for the serious believer. It's changed my life....because it's based on the Word of God! Way to go Kris!

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