

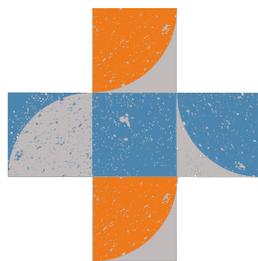
Seven Deadly Sins

Discipleship For Life



A Life For Discipleship

• CORE SEVEN •



Set Free Ministries

Jesus... nothing more, nothing less!

• Student •

www.SetFreeCollege.org

Seven Deadly Sins

L
U
S
T
•
G
L
U
T
T
O
N
Y
•
G
R
E
E
D



Vice vs. Virtue



Sin vs. Holiness



Set Free Ministries

Jesus... nothing more, nothing less!

S
L
O
T
H
•
W
R
A
T
H
•
E
N
V
Y
•
P
R
I
D
E



FOR THIS BIBLE STUDY WE WILL BE USING THE FOLLOWING TRANSLATIONS OF THE WORD OF GOD.

- [New American Standard Bible \(NASB\)](#)

New American Standard Bible®, Copyright © 1960, 1971, 1977, 1995, 2020 by [The Lockman Foundation](#). Used by permission. All rights reserved.

- [New International Version \(NIV\)](#)

Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by [Biblica, Inc.®](#) Used by permission. All rights reserved worldwide.

- [Amplified Bible \(AMP\)](#)

Copyright © 2015 by [The Lockman Foundation](#), La Habra, CA 90631. Used by permission. All rights reserved.

- [Amplified Bible, Classic Edition \(AMPC\)](#)

Copyright © 1954, 1958, 1962, 1964, 1965, 1987 by [The Lockman Foundation](#) Used by permission. All rights reserved.

Seven Deadly Sins

Vice vs. Virtue

Sin vs. Holiness

Everything we do at Set Free Ministries is a direct result of God's influence in others, in us, and many times through us. Much of what we prepare as Bible Studies, teachings, and writings are a direct result of these great men and women of God and their influence in our lives.

What we do, teach, write and share is a reflection of the influence of other authors in and through us. Amen!

Our prayer is that through these Bible Studies, *you will find more hope and faith in the One Who is faithful, Jesus Christ.* He is the Giver, and we are the receivers.

May God Bless you as you are a blessing to others...

Tim

Pastor Dr. Tim Parker and the team at Set Free!
www.SetFreeCollege.org

HOW TO USE THIS STUDY

We are so grateful you have chosen to do this study.

Each study guide has been laid out so that you can read through the material without worry of missing any answers. Just take your time and read the material.

NEXT, read through the first five (5) questions that following the material you have just read.

NOW, go back and slowly re-read the material again. You will find that the questions follow the reading. As you re-read the materials, the answers to the questions just pop out at you. When the worry of having to find the answers is removed, we soak in and learn what we have read. As long as we are always trying to find the answers, we tend to miss much of the materials. Our goal is that we not only learn what we read, but that we let it change our lives for the better.

Our prayer is that you will have more than just a desire to learn and implement the materials that you read, but that you will want to share it with others.

So, go and make disciples that you lead to Jesus one person, one day, and one study at a time.

BE ...AMAZED
 ...ENCOURAGED
 ...INSPIRED
 ...MOTIVATED
 ...ENGAGED
 ...CELEBRATED.....BY CHRIST JESUS

Seven Deadly Sins

Vice vs. Virtue

Sin vs. Holiness

Table of Contents

Chapter 1 LUST	Page 8
Chapter 2 GLUTTONY	Page 18
Chapter 3 GREED	Page 26
Chapter 4 SLOTH	Page 33
Chapter 5 WRATH	Page 41
Chapter 6 ENVY	Page 50
Chapter 7 PRIDE	Page 62
Bibliography.....	Page 76

CHAPTER ONE

THE 7 DEADLY SINS?

<https://www.bibleinfo.com/en/questions/what-are-seven-deadly-sins#quiz>

According to Christian tradition the seven deadly sins are: envy, gluttony, greed or avarice, lust, pride, sloth, and wrath. You can find a list and meanings of the seven deadly sins below.

SEVEN DEADLY SINS LIST & MEANINGS

1. LUST

2. GLUTTONY

3. GREED

4. SLOTH

5. WRATH

6. ENVY

7. PRIDE

1. LUST

Lust is a strong passion or longing, especially for sexual desires.

UNDERSTANDING LUST

<https://www.christianitytoday.com/biblestudies/articles/spiritualformation/understanding-lust.html> By: Jim Vander Spek

Our desires aren't [the biggest part of] the problem—it's what we do with them.

Use of pornography and other sexual sins are rampant in our culture and in the church. Many have concluded that such behavior or at least the lust that drives them is fundamentally an unsolvable problem, a sin that will not be defeated in the lives of God's children. But this response is unacceptable in the face of the severe and incalculable damage that lust inflicts upon lives, families, and fellowships.

If we want to overcome lust, we need to recognize what we are dealing with. A good place to start is to understand the "sexual buzz"—the electric feeling of pleasure that makes sex so enjoyable. The psychobiologic sexual buzz involves our emotions, our bodies, and our cognitive functions. God designed these feelings for good. The sexual buzz occupies an essential role as an early phase of intimacy within the sexual union of marriage. Without it, we would not become aroused and sex

probably would not happen enough to keep reproduction going or marital ties binding. The sexual buzz is only appropriate inside the marriage relationship.

When we misuse this capacity—allowing ourselves an illicit sexual buzz—it is sinful lust. Consider the following definition as a way to understand this:

Sexual lust—the illicit sexual buzz—is willfully allowing pleasurable gratification of wrongfully directed sexual desire that takes place deep inside.

Let's break that down:

1. **Willfully allowed**—It is something we choose to do. It is not forced upon us. Giving in to it may be driven by habit and undertaken without deliberation, but it is still a choice on our part.
2. **Pleasurable**—We enjoy it. The illicit sexual buzz is intensely enjoyable in a way we cannot fully understand. God designed us so that even when we are merely looking to enjoy legitimate sexual pleasure, looking to lust, or contemplating sexual activity, we are able to realize a pleasurable sexual buzz.
3. **Gratification**—We recognize when it happens because something clicks into place. We may claim that we are "doing nothing" and may be able to fool others, but we should not try to fool ourselves. God is not fooled.
4. **Wrongfully directed sexual desire**—We are focusing our attention in a way that is not right. The sexual buzz is only proper when it is grounded within a marriage relationship. This is hard to accept when we are in bondage to lust. We look for a way to justify our waywardly pointed gratification of sexual desires—to convince ourselves that it is okay to let them roam.
5. **Taking place deep inside**—We cannot fully understand how the sexual buzz takes place. Our psychobiologic response is deep-seated and intensely personal. It occurs quickly and unmistakably, long before (and oftentimes without any) externally visible evidence.

This is, admittedly, a rather complicated definition. Jesus—the Master Wordsmith—distilled all these elements into a phrase that instantly rings true. He termed what takes place when we sin this way "*adultery in the heart*" - **Matthew 5:28**. In doing so, he included all of the above elements with an elegant, penetrating simplicity that a Christian cannot dismiss from his conscience.

DISTINGUISHING SEXUAL DESIRE FROM LUST

There are a few objections that rise up immediately in some who hear this explanation for the first time, and it's best to introduce them right from the start.

The first objection is the assertion that the sexual buzz which develops in a mostly indiscriminate way is nothing more than natural sexual desire. In fact, most definitions of lust describe it as a normal desire that has gone astray, without explaining plainly when this occurs.

Unfortunately, there is a fundamental problem with using the term "desire" or "sexual desire" as the starting point when developing a suitable, practical definition of lust. The word "desire" conveys the idea of hope or wish for future fulfillment. In contrast, those who lust are not just thirsty—they are drinking from the cup as well.

We are constantly exposed to sexual stimulations, primarily visual. This is the world in which we live. It is natural to have a sexual reaction to such stimulation. This is because of sexual desire—a part of who we are.

We are not permitted, however, to take the next step in cases when this sexual attraction is misdirected. Some may argue that one cannot stop illicit gratification. But there's an easy way to prove that wrong: we routinely recoil from lust or sexualized interactions with family members such as daughters or sisters. Focusing our attention in order to obtain an illicit sexual buzz is willful and sinful. That quick gulp of sweet "*stolen water*" **Proverbs 9:17** is when we have crossed into sinful lust. We may want to minimize the adultery we are allowing in our hearts, but God does not.

There is nothing wrong with sexual desire—as long as it is not followed up with lust. It is a finely tuned and powerful God-given capacity, and we should not expect it to go away or find any fault with it. As Uncle Screwtape, the demon tutor wrote to his pupil, Wormwood, in *The Screwtape Letters* (C. S. Lewis):

He [God] made the pleasures: all our research so far has not enabled us to produce one. All we can do is to encourage the humans to take the pleasures, which our enemy has produced, at times, or in ways or in degrees, which He has forbidden. The issue is whether we will use our desires to engage in sin. Ramped up sexual desires are only permitted as we share and enjoy them within the marriage relationship. The sin of lust occurs when we allow ourselves illicit sexual pleasure by misusing sexual desire.

Do not believe the lie that you cannot deny yourself illicit gratification when tempted. We can—and must—whenever we are tempted to sin.

SEXUAL THOUGHTS

Another objection to describing lust as an illicit sexual buzz is based on the assertion that we cannot eliminate sexual thoughts. But this is not the goal for which we are striving. Certainly, taking charge of our thought lives is a critical front in the battle against lust for a Christian—"*Let the wicked forsake his way, and the unrighteous man his thoughts*" **Isaiah 55:7**.

However, having sexual thoughts is not the same as committing lust. It is only when we improperly dwell on such thoughts to develop the recognizable experience of an illicit sexual buzz that we have sinned. In this way, the sin of lust is comparable to other sins to which we are susceptible. At times, we all face situations that provoke us to anger, but if we improperly dwell on that anger, we slip into sins such as rage, bitterness, and un-forgiveness.

Seven Deadly Sins - Vice vs. Virtue - Sin vs. Holiness 10

We all face hardship or problems at times, but if we improperly dwell on such hardships and problems, we slip into the sin of worrying. At times, it seems like others are doing better than us, but if we improperly dwell on such thoughts, we slip into the sins of envy or selfishness. Other examples like this could be cited. As we gain victory over lust, our desires and thoughts no longer drive us to sin.

FOCUSING ON THE REAL PROBLEM

Recognizing that sexual desires and thoughts—by themselves—are not necessarily bound up with lust provides the key to overcoming it. Many attempt to eliminate their sexual desires and thoughts because they have habitually harnessed these in order to realize an illicit sexual buzz.

This approach is called "thought suppression." Thought suppression has been studied extensively and is best illustrated by the experiment of trying to stop oneself from thinking about a pink elephant. Unfortunately, this strategy has never proven to be effective. Instead, we need to accept that we will at times give rise to bad thoughts, and will also continue to feel sexual desire in ways that we do not choose. Instead of suppressing our wayward thoughts and desires, we need to "*bring them into captivity*" **2 Corinthians 10:5** by denying them access to our hearts. The temptation to "go with it" must be resisted.

Let's be clear about this. We cannot shut down our desires and thoughts, nor should we seek to. They are not the real problem. We must also recognize and repent whenever we misuse our desires or thoughts to accommodate sin and to develop practical strategies for gaining victory if we find ourselves being dominated by this sin.

Many wrongly believe—as I once did—that sexual desires and sexual thoughts are parts of us that have special power. They feel that they have no choice when subjected to temptation but to allow these desires and thoughts to generate an illicit sexual buzz. It has become an automatic response because they have crossed the line on a regular basis.

However, our desires and thoughts do not force us to sin. Instead of slipping into sin, we need to act with the knowledge and confidence that God is faithful to provide "*the way of escape*" **1 Corinthians 10:13** whenever we are tempted. Entering that "way" necessarily means that we refuse to commit adultery within our hearts. Our focus needs to be on denying actual sin, growing to maturity as believers, and learning to please God. Our desires become evil when we act upon them by committing adultery in our hearts. By first putting to death our evil passions and desires, we are in a position to put on the new person and effectively abide in Christ.

*Excerpted from **Overcoming Lust** by Jim Vander Spek, who blogs at overcoming-lust.com. • Used with permission •*

••••••••••

Lust is considered by **Catholicism** to be a disordered desire for sexual pleasure, where sexual pleasure is "sought for itself, isolated from its procreative ("be fruitful and multiply") and unitive (to unite) purposes." Fornication (sex outside of God's plan for marriage)- This is lust.

Sexual desire in itself is good, and part of God's plan for humanity. ...

The Bible speaks about lust in **2 Timothy 2:22**, "*Flee also youthful lusts; but pursue righteousness, faith, love [and] peace...*"

The Bible also mentions lust in the following verses:

Job 31:1, "*I made a covenant with my eyes not to look lustfully at a young woman.*"

Matthew 5:28, "*But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*"

Philippians 4:8, "*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*"

James 1:14-15, "*but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*"

1 Peter 2:11, "*Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul.*"

1 John 2:16, "*For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.*"

Chastity or self-control cures lust by controlling passion and leveraging that pursuit for the good of others.

TEST - CHAPTER ONE
THE 7 DEADLY SINS
- Lust -

1. List the 7 deadly sins.

2. What is the definition for lust used in this text?

3. Where in our culture are pornography and other sexual sins rampant?

4. Many have concluded that such behavior or at least the lust that drives them is what?

5. But this response is unacceptable in the face of the severe and incalculable damage that lust inflicts upon 3 areas of life. Name them.

6. If we want to overcome lust, what must we do?

7. What is the "sexual buzz?"

8. The psychobiologic sexual buzz involves our _____, our _____, and our _____. God designed these feelings for good.

9. The sexual buzz occupies an essential role as an early phase of intimacy within what kind of union?

10. Inside what relationship is the sexual buzz appropriate?

11. When we misuse this capacity—allowing ourselves an illicit sexual buzz—what kind of lust occurs?

12. What happens with sexual lust—the illicit sexual buzz?

13. Willfully allowed—It is something we _____ to do. It is _____ forced upon us. Giving in to it may be driven by _____ and undertaken without _____, but it is still a _____ on our part.

14. Pleasurable—We enjoy it. The illicit sexual buzz is intensely enjoyable in a way we cannot fully understand. God designed us so that even when we are merely looking to enjoy legitimate sexual pleasure, looking to lust, or contemplating sexual activity, [either way] what happens?

15. Gratification—We recognize when it happens because something clicks into place. We may claim that we are "doing nothing" and may be able to fool others, but we should not try to fool _____. _____ is not fooled.

16. Under which heading do we find the following? We are focusing our attention in a way that is not right. The sexual buzz is only proper when it is grounded within a marriage relationship. This is hard to accept when we are in bondage to lust. We look for a way to justify our waywardly pointed gratification of sexual desires—to convince ourselves that it is okay to let them roam.

17. Taking place deep inside—We cannot fully understand how the sexual buzz takes place. What response is deep-seated and intensely personal?

18. It occurs _____ and _____, long before (and oftentimes without any) _____ visible evidence.

19. Jesus termed what takes place when we sin this way. What was His term?

20. What is the first objection in the assertion that the sexual buzz which develops in a mostly indiscriminate way is...

21. How do most definitions of lust describe it?

22. Unfortunately, there is a fundamental problem with using the term "_____" or "_____" as the starting point when developing a suitable, practical definition of lust.
23. What does the word "desire" convey the idea of?

24. In contrast, those who lust are not just _____—they are _____ from the _____ as well.
25. In what primary way are we constantly exposed to sexual stimulations?

26. It is _____ to have a sexual reaction to such _____. This is because of sexual desire—a part of who we are.
27. What do so people argue?

28. What is an easy way to prove that wrong?

29. Focusing our attention in order to obtain an illicit sexual buzz is what?

30. That quick gulp of sweet "_____ " **Proverbs 9:17** is when we have _____ into sinful lust.
31. We may want to _____ the _____ we are allowing in our _____, but God does _____.
32. There is nothing wrong with sexual desire—as long as what?

33. It is a finely tuned and powerful _____, and we should not expect it to go away or find any fault with it.
34. The issue is whether we will use our desires to do what?

35. When does the sin of lust occur?

36. Do not _____ the lie that you _____ deny yourself _____ gratification when tempted. We _____—and _____— whenever we are tempted to sin.
37. Another objection to describing lust as an illicit sexual buzz is based what assertion?

38. Certainly, taking charge of our thought lives is a critical front in the battle against lust for a Christian—*"Let the wicked forsake his way, and the unrighteous man his thoughts."* Where in scripture do we find this verse?

39. However, having sexual _____ is not the same as committing _____. It is only when we improperly _____ on such thoughts to _____ the recognizable experience of an _____ sexual buzz that we have _____. In this way, the sin of lust is comparable to other sins to which we are susceptible.
40. At times, we all face situations that provoke us to anger, but if we improperly _____ on that anger, we slip into sins such as rage, bitterness, and unforgiveness. We all face hardship or problems at times, but if we improperly _____ on such hardships and problems, we slip into the sin of worrying. At times, it seems like others are doing better than us, but if we improperly _____ on such thoughts, we slip into the sins of envy or selfishness. Other examples like this could be cited.
41. As we gain victory over _____, our _____ and _____ no longer drive us to sin.
42. Many attempt to eliminate their sexual desires and thoughts because they have habitually harnessed these in order to realize an illicit sexual buzz. What is this approach is called?

43. Instead of suppressing our wayward thoughts and desires, what do we need to do?

44. By _____ them access to our _____. The temptation to "go with it" must be resisted.
45. We _____ shut down our desires and thoughts, nor should we _____ to. They are _____ the real problem.
46. We must also _____ and _____ we misuse our desires or thoughts to accommodate sin and to develop practical strategies for gaining victory if we find ourselves being dominated by this sin.

47. What have many wrongly believe—as I once did?

48. Why has this become an automatic response?

49. Do our desires and thoughts force us to sin?

Yes _____ No _____

50. Instead of slipping into sin, we need to act with the knowledge and confidence that God is faithful to provide what?

51. What does entering that "way" necessarily means?

52. Our focus needs to be on three things; name them.

53. _____ or self-control _____ lust by _____ passion and leveraging that pursuit for the good of _____.

2. GLUTTONY

Gluttony is an excessive and ongoing eating of food or drink.

WHAT IS THE SIN OF GLUTTONY? ITS DEFINITION AND CONSEQUENCES

<https://www.christianity.com/wiki/sin/what-is-the-sin-of-gluttony-its-definition-and-consequences.html>

Gluttony is defined as the over-indulgence or lack of self-restraint in food, drink, or wealth items, especially as status tokens. The English word comes from the Latin and means, "to gulp." Gluttony worships food to feed our own self-love. Merriam-Webster defines gluttony as "habitual greed or excess in eating...greedy or excessive indulgence."

While gluttony may seem to be a more trivial transgression than the others grouped in the "Seven Deadly Sins," there is a reason this sin makes the list. With the alarming rate of modern obesity we see today, perhaps many have forgotten or forsaken the warnings against gluttony and its deadly consequences. Let's look at the biblical references of gluttony to better understand its classification as a deadly sin.

GLUTTONY IN THE BIBLE

Gluttony plunged the whole human race into a state of sin and misery with the first transgression. **Genesis 3:6** says, *"When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it."*

Gluttony, or "excess of food," led to a curse of utter destruction upon Sodom, the standard example of God's wrath and judgment. **Ezekiel 16:49** says, *"Now this was the sin of your sister Sodom: She and her daughters were arrogant, overfed and unconcerned; they did not help the poor and needy."*

In Moses' day, when Israel craved meat in the wilderness, the Lord sent quail. *"While the meat was yet between their teeth, before it was consumed, the anger of the LORD was kindled against the people, and the LORD struck down the people with a very great plague"* Interestingly, the name of the place was called "Kibroth-hattaavah" which means "Graves of Craving" (**Number 11:18-34; Psalm 78:26-31**).

CONSEQUENCES OF GLUTTONY

- Gluttony is often connected with idolatry. **Philippians 3:19-20**, *"Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,"* and in **1 Corinthians 10:7**, *"Do not be idolaters, as some of them were; as it is written: "The people sat down to eat and drink and got up to indulge in revelry."*

- Gluttony leads to deadness of heart as seen in **Psalm 115:4-8**, *“But their idols are silver and gold, made by human hands. ⁵ They have mouths, but cannot speak, eyes, but cannot see. ⁶ They have ears, but cannot hear, noses, but cannot smell. ⁷ They have hands, but cannot feel, feet, but cannot walk, nor can they utter a sound with their throats. ⁸ Those who make them will be like them, and so will all who trust in them.”* **Psalm 119:70** says, *“Their hearts are callous and unfeeling, but I delight in your law.”*

- Gluttony and hopelessness go hand in hand. **1 Corinthians 15:32**, *“If I fought wild beasts in Ephesus with no more than human hopes, what have I gained? If the dead are not raised, “Let us eat and drink, for tomorrow we die.”*

- Devotion to food for gives birth to legalism and judgmental-ism. **Romans 14:13-17** says, *“Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in the way of a brother or sister. ¹⁴ I am convinced, being fully persuaded in the Lord Jesus, that nothing is unclean in itself. But if anyone regards something as unclean, then for that person it is unclean. ¹⁵ If your brother or sister is distressed because of what you eat, you are no longer acting in love. Do not by your eating destroy someone for whom Christ died. ¹⁶ Therefore do not let what you know is good be spoken of as evil. ¹⁷ For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,*

- Gluttony induces laziness, **Titus 1:12**, *“One of Crete’s own prophets has said it: “Cretans are always liars, evil brutes, lazy gluttons.”* that brings forth poverty **Proverbs 23:21**, *“for drunkards and gluttons become poor, and drowsiness clothes them in rags.”*

- Gluttony is a visible expression of rebellion against God and man that destroys life. **Deuteronomy 21:20**, *“They shall say to the elders, “This son of ours is stubborn and rebellious. He will not obey us. He is a glutton and a drunkard.” “You must purge the evil from among you...”*

- Drunkards (liquid-based gluttons) will not inherit the kingdom of God. **1 Corinthians 6:10** says, *“...nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.”*

Furthermore, Church leaders from the rigorous middle ages developed a more extensive view of gluttony, as **St. Thomas Aquinas** did in his work called **Summa Theologica**. St. Thomas Aquinas emphasized a list of five ways to commit gluttony:

- *Laute* - eating food that is too luxurious, exotic, or costly
- *Studiose* - eating food that is excessive in quality (too daintily or elaborately prepared)
- *Nimis* - eating food that is excessive in quantity (too much)
- *Praepropere* - eating hastily (too soon or at an inappropriate time)
- *Ardenter* - eating greedily (too eagerly)

St. Aquinas resolves, "gluttony denotes inordinate concupiscence in eating"; the first three ways are related to **the food itself**, while the last two related to **the manner**

Seven Deadly Sins - Vice vs. Virtue - Sin vs. Holiness 19

of eating. He declares that abstinence from food and drink overcomes the sin of gluttony, and the act of abstinence is **fasting**.

HOW TO OVERCOME GLUTTONY

According to **John Piper**, there are a lot of reasons for obesity in our culture. It's not just that we eat a lot of bad food. We're also pretty inactive and don't do a lot of walking, running, biking, etc. Oftentimes obesity issues are connected as much to activity issues as they are to what goes into our mouths. Muscles are designed to burn food, but if they aren't being used then any amount of food is going to result in obesity.

But "gluttony" is a better word to use in this context rather than "obesity," because overeating is where the problem is, not how much you weigh. There are all kinds of reasons why a person might weight too much or too little that is not a result of gluttony.

So how do you fight the battle? I think it must be fought mainly not with the word "No" but with an alternative "Yes."

It is very interesting to me that there are so many food and taste analogies in the Bible for God himself:

"Taste and see that the Lord is good." (Psalm 34:8)

"Desire the sincere spiritual milk of the word." (1 Peter 2:2)

"I am the bread of life. Come to me and you will not hunger." (John 6:35)

"Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food." (Isaiah 55:1-2)

The implication here is that if we give ourselves to being satisfied with spiritual bread, wine, and milk, and then physical hunger will lose its supreme power. **A lot of gluttony is born of boredom.** Life is not satisfying or stimulating, relationships feel empty, and work is boring, but the food is always there and tastes so good.

So we need to cultivate a range of appetites for great and good things, things like good literature, people's fellowship, reading the Bible, nature, work, etc. Discover these other appetites so that things other than food can satisfy you. Then pray earnestly and cultivate and nurture these satisfactions.

Gluttony (Latin: gula, derived from the Latin gluttire meaning "to gulp down or swallow") means over-indulgence and over-consumption of food, drink, or wealth items, particularly as status symbols. In Christianity, it is considered a sin if the excessive desire for food causes it to be withheld from the needy.

1 Corinthians 10:31 says, *“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.”*

Additional Bible references:

Psalm 78:17-19, *“But they continued to sin against him, rebelling in the wilderness against the Most High. ¹⁸ They willfully put God to the test by demanding the food they craved. ¹⁹ They spoke against God; they said, “Can God really spread a table in the wilderness?”*

Philippians 3:19-20, *“Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,”*

Proverbs 23:1-3, *“When you sit to dine with a ruler, note well what (who) is before you, ² and put a knife to your throat if you are given to gluttony. ³ Do not crave his delicacies, for that food is deceptive.”*

Proverbs 23:19-21, *“Listen, my son, and be wise, and set your heart on the right path: ²⁰ Do not join those who drink too much wine or gorge themselves on meat, ²¹ for drunkards and gluttons become poor, and drowsiness clothes them in rags.”*

1 Corinthians 3:16-17, *“Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst? ¹⁷ If anyone destroys God’s temple, God will destroy that person; for God’s temple is sacred, and you together are that temple.”*

Temperance cures gluttony by implanting the desire to be healthy, therefore making one fit to serve others.

TEST - CHAPTER TWO

THE 7 DEADLY SINS

- GLUTTONY -

1. What is Gluttony defined as in this article?

2. What is the meaning of the Latin word for Gluttony?

3. Gluttony worships food.... Why?

4. How does Merriam-Webster define gluttony?

5. Gluttony plunged the _____ human race into a state of _____ and misery with the first _____.

6. Where in scripture does it say, "When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it?"

7. Where did Gluttony, or "excess of food," led to a curse of utter destruction?

8. What does **Ezekiel 16:49** say?

9. In Moses' day, when Israel craved meat in the wilderness, the Lord sent quail. "*While the meat was yet between their teeth, before it was consumed, the anger of the LORD was kindled against the people, and the LORD struck down the people with a very great plague*" Interestingly, What was the name of the place called?

10. What is Gluttony so often connected with?

11. What does Gluttony lead to?

12. What does **Psalm 119:70** say?

13. What goes hand in hand with Gluttony?

14. **Romans 14:13-17** says, "Therefore let us _____ passing _____ on one another. Instead, make up your _____ not to put any stumbling block or obstacle in the way of a brother or sister. ¹⁴I am convinced, being _____ persuaded in the Lord Jesus, that nothing is unclean in itself. But if anyone regards something as unclean, then for _____ person it is unclean. ¹⁵If your brother or sister is distressed because of what you eat, you are no longer acting in _____. Do not by your _____ destroy someone for whom Christ _____. ¹⁶Therefore do not let what you know is good be spoken of as evil. ¹⁷For the kingdom of God is not a matter of _____ and _____, but of _____, _____ and _____ in the Holy Spirit,

15. What does Gluttony induce?

16. Gluttony is a visible expression of what?

17. Complete **Deuteronomy 21:21**, Versed 20 says, "They shall say to the elders, "This son of ours is stubborn and rebellious. He will not obey us. He is a glutton and a drunkard.".... "You must purge the evil from among you..."

18. Drunkards (_____) will _____ inherit the _____ of God.

19. Where in Scripture is it written, says, "...nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God."

20. List the five ways to commit gluttony:

- _____
- _____
- _____
- _____
- _____

21. The first three ways are related to what?

22. The last two related to what?

23. He declares that abstinence from food and drink _____ the _____ of _____.

24. What is the act of abstinence called?

25. But "gluttony" is a better word to use in this context rather than what?

26. _____ is where the _____ is, _____ how much you _____.

27. There are all kinds of _____ why a person might _____ too much or too _____ that is not a result of _____.

28. Where do we find, "*Taste and see that the Lord is good.*"

29. Where do we find, "*Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food.*"

30. Where do we find, "I am the bread of life. Come to me and you will not hunger."

31. Where do we find, "*Desire the sincere spiritual milk of the word.*"

32. What is the implication here?

33. What is a lot of Gluttony born out of?

34. Life is not satisfying or _____, relationships _____ empty, and work is _____, but the _____ is always there and _____ so _____.

35. So we need to cultivate a range of appetites for great and good things, things like what?

36. Why should we develop these other appetites?

37. Gluttony (Latin: gula, derived from the Latin gluttire meaning "to gulp down or swallow") means _____ and _____ of _____, drink, or _____ items, particularly as _____ symbols.

38. In Christianity, it is considered a sin if the excessive desire for food does what?

39. What does **1 Corinthians 10:31** say?

40 Where do we find, *"Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things.²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ,"*

41. **Proverbs 23:19-21** says, "Listen, my _____, and be _____, and _____ your heart on the _____ path: ²⁰ Do _____ join those who _____ too much wine or _____ themselves on meat, ²¹ for _____ and _____ become poor, and _____ clothes them in rags."

42. What cures Gluttony?

43. The desire to be healthy makes one fit to do what for others?

3. GREED

Greed is an excessive pursuit of material goods.

WHAT IS GREED? DEFINITION AND BIBLE VERSES ABOUT GREED

<https://www.christianity.com/wiki/christian-terms/what-is-greed-definition-and-bible-verses-about-greed.html>

By: Danielle Bernock

Greed goes much further than money. A person can be greedy for money but also for fame, possessions, attention, compliments, gifts, another person's time, and more. In the Bible, the words greed, greedily, greedy, and greediness are always used to describe the selfish motivation of a person.

Greed is responsible for much sorrow. The **Bible** says in **1 Timothy 6:10**, "*the love of money is the root of all kinds of evil.*" But is greed only about money? No. Greed goes much further than money.

What is greed exactly then? What does God or the Bible have to say about it?

Greed is a spiritual disease of the heart affecting all areas of a person's life.

GREED DEFINITION

Google defines greed as an "intense and selfish desire for something, especially wealth, power or food." **Vocabulary.com** goes a little further in its explanation calling it ugly, insatiable, and gives us the origin of the word. "*Greed* come from the Old English *graedig*, or 'voracious,' which means 'always hungry for more,'" they explained.

A person can be insatiably hungry for money but also for fame, possessions, attention, compliments, gifts, another person's time, and more.

Greed is always self-centered and never satisfied.

BIBLE VERSES ABOUT GREED

In the King James Bible, the words greedily, greedy, and greediness are *always* used to describe the soul motivation of a person.

Let's look at what that soul motivation does to a person, and how God feels about it in both the King James Bible and other translations.

1. GREED STEALS LIFE

“So are the ways of every one that is greedy of gain; which taketh away the life of the owners thereof.” (Proverbs 1:19)

“So are the ways of everyone who gains by violence; It takes away the life of its possessors.” (Proverbs 1:19 NAS)

“The desire of the slothful killeth him; for his hands refuse to labor. He coveteth greedily all the day long: but the righteous giveth and spareth not.” (Proverbs 21:25-26)

“The craving of a sluggard will be the death of him, because his hands refuse to work. All day long he craves for more, but the righteous give without sparing.” (Proverbs 21:25-26 NIV)

2. GREED DOES NOT LOVE

“In thee have they taken gifts to shed blood; thou hast taken usury and increase, and thou hast greedily gained of thy neighbors by extortion, and hast forgotten me, saith the Lord GOD.” (Ezekiel 22:12)

“In you they have taken bribes to shed blood; you have taken interest and profits, and you have injured your neighbors for gain by oppression, and you have forgotten Me,’ declares the Lord GOD.” (Ezekiel 22:12 NAS)

3. GREED IS DESTRUCTIVE

“Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core.” (Jude 11)

“How horrible it will be for them! They have followed the path of Cain. They have rushed into Balaam’s error to make a profit. They have rebelled like Korah and destroyed themselves.” (Jude 11 GWT)

4. GREED IS INSENSITIVE

“Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.” (Ephesians 4:19)

“Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.” (Ephesians 4:19 NIV)

5. GREED RUINS FAMILIES

"He that is greedy of gain troubleth his own house; but he that hateth gifts shall live."
(Proverbs 15:27)

"The greedy bring ruin to their households, but the one who hates bribes will live."
(Proverbs 15:27 NIV)

6. GREED CORRUPTS LEADERS WITH SELF-CENTEREDNESS

"His watchmen are blind: they are all ignorant, they are all dumb dogs, they cannot bark; sleeping, lying down, loving to slumber. Yea, they are greedy dogs which can never have enough, and they are shepherds that cannot understand: they all look to their own way, every one for his gain, from his quarter." (Isaiah 56: 10-11)

"Like ravenous dogs, they are never satisfied. They are shepherds with no discernment; they all turn to their own way, each one seeking his own gain." (Isaiah 56:11 BSB)

WHAT IS THE CURE FOR GREED?

If you discover greed in your heart, don't despair. Greed comes naturally to humans. This can be easily seen by watching children and why we need to teach them to share.

GENEROSITY

Fostering a giving and generous heart will drive greed out of our hearts by the power of the love of God. Sharing is the cure, give and be generous.

"If we have all we need and see one of our own people in need, we must have pity on that person, or else we cannot say we love God." (1 John 3:17 CEV)

"Teach those who are rich in this world not to be proud and not to trust in their money, which is so unreliable. Their trust should be in God, who richly gives us all we need for our enjoyment. Tell them to use their money to do good. They should be rich in good works and generous to those in need, always being ready to share with others." (1 Timothy 6:16-17 NLT)

Gratitude

"But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving." (Ephesians 5:3-4 NIV).

Money, fame, food, attention and all the things that greed chases after are not evil in and of themselves. God promised to give us richly all things to enjoy and Jesus said He came to give us abundant life. But this abundant life is not synonymous with more wealth, food, power, or things. Jesus warned in **Luke 12:15**, "Watch out! Be on

your guard against all kinds of greed; life does not consist in an abundance of possessions.”

Christians must repent from sin, including greed, and submit to God’s good, Holy Spirit, who will empower us to live righteous lives full of generosity and gratitude.

The Bible says the following in **Hebrews 13:5**, *“Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, ‘I will never leave you nor forsake you.’”*

Other biblical texts, which mention greed, include:

Exodus 20:17, *“You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”*

Proverbs 11:24, *“One person gives freely, yet gains even more; another withholds unduly, but comes to poverty.”*

Proverbs 28:25, *“The greedy stir up conflict, but those who trust in the LORD will prosper.”*

Ecclesiastes 5:10, *“Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless.”*

Philippians 4:6, *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

1 Timothy 6:9-10, *“Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. ¹⁰ For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.”*

Charity cures greed by putting the desire to help others above storing up treasure for one’s self.

TEST - CHAPTER THREE
THE 7 DEADLY SINS
- GREED -

1. What is the definition of Greed in this text?

2. Does greed only involve money?

Yes ____ No ____

3. What the identified different ways a person can be greedy.

4. In the Bible, the words greed, greedily, greedy, and greediness are always used to describe what?

5. What is Greed responsible for?

6. What does the Bible say about the love of money in **1 Timothy 6:10**?

7. Is greed only about money?

8. What kind of disease is Greed?

9. How does Google define Greed?

10. Vocabulary.com goes a little further in its explanation calling Greed...

11. "*Greed* come from the Old English *graedig*, or 'voracious,' which means?

12. Is Greed always self-centered and never satisfied?
Yes ____ No ____
13. In the King James Bible, how are the words greedily, greedy, and greediness are *always* used?

14. Greed _____ life.
15. Where in scripture do we find written, "*So are the ways of every one that is greedy of gain; which taketh away the life of the owners thereof.*"

16. **Proverbs 21:25-26** says?

17. Greed does not _____.
18. Greed is _____.
19. Where in scripture do we find, "*Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core.*"

20. Greed ____ Insensitive.
21. Where do we find written, "*Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.*"

22. What does Greed do to families?

23. "*The _____ bring ruin to their _____, but the one who hates bribes will _____.*" (**Proverbs 15:27 NIV**)
24. How does Greed corrupt leaders?

25. "*Like ravenous _____, they are _____ satisfied. They are shepherds with no _____; they all turn to their _____ way, each one seeking his _____ gain.*" (**Isaiah 56:11 BSB**)

26. What drives Greed out of the heart?

27. What two things help cure Greed?

28. What does **1 John 3:17** say?

29. Are the following items evil in themselves? Money, fame, food and attention.

Yes ___ No ___

30. God promised to give us _____ all things to _____ and Jesus said He came to give us _____ life. But this abundant _____ is _____ synonymous with more _____ wealth, _____, power, or _____.

31. How did Jesus warn in **Luke 12:15**?

32. Christians must _____ from sin, including _____, and _____ to God's good, Holy Spirit, who will empower us to _____ righteous lives _____ of generosity and _____.

33. What does the Bible say in **Hebrews 13:5**?

34. What cures Greed?

4. SLOTH

Sloth is an excessive laziness or the failure to act and utilize one's talents.

WHAT IS THE SIN OF SLOTH AND WHY IS IT WORSE THAN LAZINESS?

<https://www.crosswalk.com/faith/spiritual-life/what-is-the-sin-of-sloth-and-why-is-it-worse-than-laziness.html>

By: Kyle Blevins

Sloth has also been defined, as a failure to do things that one should do, though the understanding of the sin in antiquity was that this laziness or lack of work was simply a symptom of the vice of apathy or indifference, particularly an apathy or boredom with God.

The sin of sloth is known as **one of the seven deadly sins**. The sin of sloth is a bit deeper than laziness, and that subtlety is found in the thing that keeps us bound up: fear. Most of us probably do not understand the full difference of what it means to struggle with the sin of sloth versus having moments of laziness. The Greek word using in scripture is *akedia*, meaning the absence of care. You see, sloth is more than just being lazy. Slothfulness is a sinful heart condition.

[Slothery is the unwillingness to do the had short-term thing that produces the good long-term results]

WHAT DOES THE SIN OF SLOTH MEAN?

The short definition of "slothful" is simply laziness. Imagine a mom describing a sleep-deprived teenager (read this in your best mom voice; it's more fun): "Oh, he's slow moving, takes no initiative, and lives in a mess. He acts like he can't hear me. I have to ask him to do something 10 times before he reacts, and then you'd think I was inflicting pain on him. He's just part of the couch, somehow blind to everything piling up around him."

This is certainly one aspect of laziness. Sleep deprivation, raging hormones, malnutrition, and stress can have an obvious impact on our energy. But there is another side to laziness that somehow slips under the radar. This is the darker side of it. I'll spare you reading the next section in a Darth Vader voice, but you are welcome to if you'd like.

The dark side is a lack of motivation from the inner man. One possible reason for being caught in sloth is fear.

Reflecting on my early school days, I remember being enthralled with learning, specifically with words. Every year in elementary, I would work toward winning the spelling bee. I remember feeling this deep sense of pride in the 1st grade when I was the runner-up. I just knew I'd win it if I worked a little harder. My first year in middle school, I kept the trend going and made the final cut for the bee.

My mom left work to come, which I knew was a big deal, and I was eager to show off my knowledge. Given my last name, I was one of the first spellers called up. My word was “blue.” I gave my mom a confident look and spelled out “B-L-U-E, blue.” As I started to sit down, I heard “The correct spelling is B-L-E-U. You are eliminated.” Oh no. I didn’t think to ask for its use in a sentence.

Though this was a completely understandable mistake and a golden learning opportunity, I was devoured by embarrassment as I tried not to cry in front of my classmates and bore the weight of my mom leaving work for this. Despite my mom’s love and understanding, this embarrassment sparked fear in me. I never joined another spelling bee again, despite all my interest and potential. And as a 6th grader, I found myself caught in slothfulness for the first time.

WHAT DOES THE BIBLE SAY ABOUT SLOTH?

The Good Book is chock-full of Scriptures that reference slothfulness and say just as much about hard work. Proverbs is the main source of these references where the words “sluggard” and “slothful” are used.

“Slothfulness casts into a deep sleep, and an idle person will suffer hunger.” (Proverbs 19:15)

“The sluggard does not plow in the autumn; he will seek at harvest and have nothing.” (Proverbs 20:4)

These are some of the examples commonly sought out to define “slothfulness.” You can see how limiting they are. Though this absolutely describes an effect of slothfulness, it doesn’t quite get to the core of what leads a person there, nor does it provide us encouragement to share with someone caught in it. To understand what someone is going through is the ultimate goal because empathy translates to compassion, which propels us into action.

The following Scriptures show a larger picture of what is missing in a person and align more with what we discussed earlier:

“Do not be slothful in zeal [zeal is defined as great energy or enthusiasm toward a cause], be fervent in spirit, serve the Lord.” (Romans 12:11)

“So that you may not be sluggish, but imitators of those who, through faith and patience, inherit the promises.” (Hebrews 6:12)

“For anything that becomes visible is light. Therefore it says, ‘Awake, O sleeper, and arise from the dead, and Christ will shine on you.’” (Ephesians 5:13-14)

“For God gave us a spirit not of fear, but of power and love and self-control.” (2 Timothy 1:7)

Understanding and encouragement flow from these verses.

The charge not to be “*slothful in zeal*” shows that the root of slothfulness can be found in losing sight of purpose which leads to idleness.

The charge to be “*imitators of those who, through faith and patience, inherit the promises*” reminds us that it is possible to lose sight, but we have the influence we need to stay on the path we know in our hearts we should be on.

Finally, the charge to “*awake!*” is a call not to be afraid to act. Fear is fruitless and it is not from God. At the root of the fear of failure is our desire to please people more than God, for God is not interested in our perfect attempts. He is interested in our boldness to practice with the tools that He gave us.

So, exercise your spirit of power by connecting your message, your life, to purpose. Exercise your spirit of love and self-control by working hard to honor others (**Romans 12:10**).

HOW TO OVERCOME THE SIN OF SLOTH

We see by now that these two really go hand in hand. But true slothfulness is a two-edged sword.

One edge is an abandonment of self: we become so caught up in fear that we walk away from the things our heart truly desires and bypass opportunities. This is important to fight against because abandonment of our hearts’ desires impacts the way that we view God. God has placed in each of us an identity and purpose. The moment we start letting those things go, we move away from God and find ourselves in darkness.

The other edge of the sword is self-absorption: once we find ourselves in that dark wilderness, we try to rationalize where we are and why. In this place, we are not walking in thanksgiving for the life God gave us, nor are we truly trying to find our way back.

You might be thinking, “What’s the deal here?” First, you say that we abandon our desires, which is bad. But then you say that we focus too much on ourselves, and that’s also bad. The clarity we need is found in faith and praise.

Boldly pursuing our passions and interests is a way of worshiping God. We demonstrate the joy of life as we apply ourselves and let our light shine. We aren’t seeking to show the world who we are; rather, we are so thankful for who God has made us to be that we want to do all we can with it.

It’s like the excitement of being given your favorite action figure as a 4-year-old. You want to take it to your room, the yard, the trampoline, your buddy’s house, and even show and tell.

Slothfulness steals our excitement and joy in the purpose God has for us.

As for focusing too much on ourselves, this is more about being so focused on our problems that we lose sight of the joy in sharing with and serving others. Introspection is necessary. But when we become absorbed by our problems, we lose

our sense of control, which can spiral into depression and anxiety where our passions become lost in the pursuit of regaining that control.

If you find yourself in this place today, you are going to be okay. As with any sin, just because it happened does not mean you have to stay there. Your redemption in Christ is the very power that will draw you to repentance where He can lift you out of that place and back into living life abundantly with Him. You are loved.



Solomon spoke of sloth in **Proverbs 6:6** saying, *“Go to the ant, you sluggard! Consider her ways and be wise.”*

The Bible also mentions sloth in the following verses:

Proverbs 13:4, *“A sluggard’s appetite is never filled, but the desires of the diligent are fully satisfied.”*

Proverbs 24:33-34, *“A little sleep, a little slumber, a little folding of the hands to rest—³⁴ and poverty will come on you like a thief and scarcity like an armed man.”*

Romans 12:11-13, *“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord’s people who are in need. Practice hospitality.”*

Colossians 3:23, *“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,”*

2 Thessalonians 3:10, *“For even when we were with you, we gave you this rule: “The one who is unwilling to work shall not eat.”*

Diligence or zeal cures slothfulness by placing the interest of others above a life of ease and relaxation.

TEST - CHAPTER FOUR

THE 7 DEADLY SINS

- SLOTH -

1. What is a definition for "Sloth"?

2. Sloth has also been defined as, a failure to do things that one _____ do, though the understanding of the _____ in antiquity was that this laziness or lack of work was simply a _____ of the vice of _____ or indifference, particularly an apathy or _____ with _____.

3. The sin of sloth is a bit deeper than _____, and that subtlety is found in the thing that keeps us bound up: _____.

4. Most of us probably do not understand the full difference of what it means to struggle with the sin of sloth versus what?

5. The Greek word in scripture for sloth is?

6. This words meaning is?

7. Sloth is more than just being _____. Slothfulness is a _____ heart _____.

8. What is Slothery?

9. Imagine a mom describing a sleep-deprived teenager (read this in your best mom voice; it's more fun): "Oh, he's slow _____, takes no _____, and lives in a _____. He acts like he can't _____ me. I have to ask him to _____ something 10 times before he _____, and then you'd think I was _____ pain on him. He's just part of the _____, somehow _____ to everything _____ up _____ him."

10. This is certainly one aspect of laziness. Sleep _____, raging _____, malnutrition, and _____ can have an obvious impact on our _____. But there is another side to laziness that somehow slips under the _____. This is the darker side of it.

11. What is the dark side?

12. What is one possible reason for being caught in sloth?

13. Embarrassment can spark what in people?

14. Where do we find in Scripture written, *"Slothfulness casts into a deep sleep, and an idle person will suffer hunger?"*

15. To understand what someone is _____ through is the ultimate goal because _____ translates to _____, which propels us into _____.

16. Where do we find in Scripture written, *"Do not be slothful in zeal [zeal is defined as great energy or enthusiasm toward a cause], be fervent in spirit, serve the Lord?"*

17. What does Hebrews 6:12 say?

18. *"For anything that becomes visible is light. Therefore it says, ' _____, O sleeper, and arise from the _____, and Christ will shine on you.'" (Ephesians 5:13-14)*

19. Where do we find in Scripture written, *"For God gave us a spirit not of fear, but of power and love and self-control."*

20. The charge not to be *"slothful in zeal"* shows what?

21. What is it that reminds us that it is possible to lose sight, but we have the influence we need to stay on the path we know in our hearts we should be on.

22. Finally, the charge to " _____!" is a call not to be afraid to act.

23. _____ is fruitless and it is _____ from _____.

24. What is at the root of the fear of failure?

25. What is God interested in?

26. So, exercise your spirit of power by connecting _____, _____, to _____.

27. How does **Romans 12:10** say we are to exercise your spirit of love and self-control?

28. One edge is an *abandonment of self*: we become so caught up in _____ that we walk away from the things our _____ truly desires and _____ opportunities. This is important to fight against because _____ of our hearts' desires impacts the way that we _____ God. God has placed in each of us an _____ and _____. The moment we start letting those things go, we move _____ from God and find _____ in darkness.

29. The other edge of the sword is *self-absorption*: once we find ourselves in that dark _____, we try to _____ where we are and why. In this place, we are _____ walking in _____ for the life God _____ us, _____ are we truly trying to find our way _____.

30. You might be thinking, "What's the deal here?" First, you say that we abandon our desires, which is bad. But then you say that we focus too much on ourselves, and that's also bad. Where do we find the clarity we need?

31. What is "boldly pursuing our passions and interests"?

32. We demonstrate the _____ of life as we _____ ourselves and let our light shine. We _____ seeking to show the world who _____ are; rather, we are so thankful for who God has _____ us to _____ that we want to _____ all we can _____ it.

33. It's like the excitement of being given your favorite action figure as a 4-year-old. Where do you want to take it?

34. What does slothfulness steal?

35. As for focusing too much on ourselves, this is more about what?

36. Is introspection is necessary? YES _____ NO _____

37. But when we become absorbed by our problems, what do we lose?

38. Which can spiral into?

39. What does our passions become lost in?

40. If you find _____ in this place today, you are going to be _____. As with any _____, just because it _____ does not mean you have to _____ there.

41. Your redemption in Christ is the very power that will what?

42. Are you are loved? YES _____ NO _____

43. Solomon spoke of sloth in **Proverbs 6:6** saying?

44. Where do we find written in Scripture, "*A sluggard's appetite is never filled, but the desires of the diligent are fully satisfied?*"

45. **Romans 12:11-13**, "*Never be lacking in _____, but keep your spiritual _____, _____ the Lord.¹² Be joyful in _____, patient in _____, faithful in _____.¹³ _____ with the Lord's people who are in _____.* _____ hospitality."

46. Where do we find, "*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters,*"

47. **2 Thessalonians 3:10** says?

48. How does diligence or zeal cure slothfulness?

5. WRATH

Wrath is a strong anger and hate towards another person.

WHAT IS WRATH?

<https://www.christianity.com/wiki/sin/what-is-wrath-the-meaning-of-this-deadly-sin.html>

According to the Bible, wrath is synonymous with anger as stated in **Proverbs 15:1**, "*A gentle answer turns away wrath, but a harsh word stirs up anger.*" Explore the meaning of wrath and the wrath definition to better understand why it is condemned by the teachings of Christianity.

According to the **Bible**, wrath is synonymous with anger as stated in **Proverbs 15:1**, "*A gentle answer turns away wrath, but a harsh word stirs up anger.*" Wrath is known as one of the deadly sins, but what makes it such a dangerous transgression? Let's explore the meaning of wrath to better understand why it is condemned by the teachings of Christ.

Nave's Topical Bible lists *anger, judgment, and punishment* as synonyms for wrath.

Meaning of Wrath

Wrath can be summarized as strong vengeful hatred or resentment. The warnings of wrath in Christianity arise from the consequences of vengeance in human relations. We can become consumed by rage and revenge to the point of acting irrationally and immorally. This is the wickedness of wrath and why it is included as a deadly sin.

In the Summa Theologiae, Medieval scholar **Thomas Aquinas** declared Anger is "the name of a passion. A passion of the sensitive appetite is good in so far as it is regulated by reason, whereas it is evil if it set the order of reason aside."

Because humans are flawed creatures, there will be times that we are mistreated by others in our life. While it is a natural reaction to be angered by this, we must stay vigilant to not become a slave to our emotions and instead respond in a rational manner as God commands. Let us recognize that God will judge all and serve justice upon those who trespass against us. Let the wrath of God serve retribution as **Romans 12:19** states, "*Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.*"

Heed the words of the **Lord's Prayer**, "*forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.*"

Bible Verses about Wrath

- *"Fools give full vent to their rage, but the wise bring calm in the end."* **Proverbs 29:11**
- *"Refrain from anger and turn from wrath; do not fret—it leads only to evil."* **Psalm 37:8**
- *"because human anger does not produce the righteousness that God desires."* **James 1:20**
- *"Put your sword back in its place," Jesus said to him, "for all who draw the sword will die by the sword."* **Matthew 26:52**
- *"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."* **Ephesians 4:31**
- *"For he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer."* **Romans 13:4**
- *"But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth."* **Colossians 3:8**
- *"I will execute great vengeance on them with wrathful rebukes. Then they will know that I am the Lord, when I lay my vengeance upon them."* **Ezekiel 25:17**

So if wrath is a sin, then what is the wrath of God?

WRATH OF GOD

The meaning of the "Wrath of God" can be found in **Baker's Dictionary of Biblical Theology**:

God is holy; he totally and completely distances himself from sin, evil, corruption, and the resultant filth and guilt. He maintains his purity and rejects, fights against, and destroys that which would offend, attack, or undo his holiness and love. Hence, God's anger and wrath must always be seen in relation to his maintaining and defending his attributes of love and holiness, as well as his righteousness and justice. The emotion or passion that moves God to this maintaining and defending is expressed by the terms "displeasure, " "indignation, " "anger, " and "wrath." A consequence of his wrath is vengeance, punishment, and death.

The wrath of God has been revealed throughout the entire history of humanity. It was implied when Adam was warned he would die if he disbelieved and disobeyed God (**Gen 2:17**) and when he revealed that Satan's head would be crushed (**Gen 3:15**) because of God's loving character, will, and purposes were challenged by Satan and Adam and Eve. God revealed the execution of his wrath when he drove Adam and Eve from Paradise (**Gen 3:24-25**). God revealed his displeasure when, placing a curse on Cain, he banished him (**Gen 4:11**). When he destroyed the cosmos

by the flood God demonstrated the results of his grief and wrath with his image-bearers (**Gen. 6-8**).

The revelation of God's wrath was clearly demonstrated by means of the plagues of Egypt and the destruction of Pharaoh's army. His anger and wrath also arose against Israel with whom he had covenanted when they worshiped the golden calf, and when they rebelled after hearing the report of ten of the twelve spies. Moses warned of the consequences of God's wrath for Israel if as a people they broke the covenant; because God's love was offended they would experience famine, defeat, exile, and death. The Chronicler referred to God's wrath repeatedly because Israel, God's covenant people, ignored, rejected, and spurned his love, his will, and their life with God-given blessings. The psalmists referred to the wrath of God against nations, against personal enemies, against the covenant people for their sin, and against the psalmists themselves. The prophets likewise prophesied concerning the wrath of God executed upon nations for their hatred of and destruction wreaked on the covenant people. The anger of God was demonstrated in the exile of Israel.

The wrath of God that the New Testament speaks of is to be expressed in judgments on a wicked, rebellious covenant people (**Matthew 3:7**), and upon those who refuse to believe in and accept Jesus **Christ** as the Savior of the world. Paul repeatedly warns about the wrath of God, from which people are to be saved (**Romans 5:9**). All people are under wrath, and the only way to escape this wrath, which is sure to be in full and fierce force in the judgment day, is to believe in Jesus Christ who bore the curse of the covenant and endured the wrath of God when he was crucified. This same Christ will execute divine wrath and vengeance to its fullest degree in judgment day (**Revelations 6:16-17**).

Bible Definitions of Wrath

1. Divine Wrath:

Wrath is used with reference to both God and man. When used of God it is to be understood that there is the complete absence of that caprice and unethical quality so prominent in the anger attributed to the gods of the heathen and to man. The divine wrath is to be regarded as the natural expression of the divine nature, which is absolute holiness, manifesting itself against the willful, high-handed, deliberate, inexcusable sin, and iniquity of mankind.

2. Human Wrath:

Wrath, when used of man, is the exhibition of an enraged sinful nature and is therefore always inexcusable. It is for this reason that man is forbidden to allow anger to display itself in his life. He is not to "give place unto wrath", nor must he allow "the sun to go down upon his wrath" (**Ephesians 4:26**). He must not be angry with his brother (**Matthew 5:22**), but seek agreement with him lest the judgment that will necessarily fall upon the wrathful be meted out to him (**Matthew 5:25-26**).

3. Divine Wrath Consistent with Love:

Wrath or anger, as pertaining to God, is very much more prominent in the Old Testament than in the New Testament. This is to be accounted for probably because the New Testament magnifies the grace and love of God as contrasted with His

wrath; at least love is more prominent than wrath in the revelation and teaching of Christ and His apostles. Nevertheless, it must not be thought that the element of wrath, as a quality of the divine nature, is by any means overlooked in the New Testament because of the prominent place there given to love. On the contrary, the wrath of God is intensified because of the more wonderful manifestation of His grace, mercy, and love in the gift of His Son Jesus Christ as the Savior of the world.



The Bible speaks about wrath in **Romans 12:19**, *“Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, ‘Vengeance is mine, I will repay, says the Lord.’”*

Additional Bible verses include:

Proverbs 14:29, *“Whoever is patient has great understanding, but one who is quick-tempered displays folly.”*

Proverbs 15:1, *“A gentle answer turns away wrath, but a harsh word stirs up anger.”*

Ephesians 4:26-27, *“‘In your anger do not sin’²⁶; Do not let the sun go down while you are still angry,²⁷ and do not give the devil a foothold.”*

James 1:19-20, *“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,²⁰ because human anger does not produce the righteousness that God desires.”*

Patience cures wrath by one first understanding the needs and desires of others before acting or speaking.

TEST - CHAPTER FIVE
THE 7 DEADLY SINS
- WRATH -

1. What is a definition for Wrath?

2. According to the Bible, what is wrath is synonymous with?

3. **Proverbs 15:1** says

4. Wrath is synonymous with anger as stated where?

5. Where do we find, "*A gentle answer turns away wrath, but a harsh word stirs up anger?*"

6. Write out Proverbs 15:1 **by memory.**

Write it again by memory.

7. Nave's Topical Bible lists three things as synonyms for wrath. Name them.

8. Wrath can be summarized as ...

9. Where do we find Anger being declared as "the name of passion"?

10. A passion of the _____ appetite is _____ in so far as it is _____ by reason, whereas it is _____ if it set the order of _____ aside."

11. Why will there be times that we are mistreated by others in our life?

12. While it is a _____ reaction to be _____ by this, we must _____ vigilant to _____ become a _____ to our _____ and instead respond in a rational manner as _____ commands.

13. Let us recognize that God will judge all and serve justice upon those who do what?

14. Let the wrath of God serve retribution as which verse in the Bible outlines?

15. What does **Romans 12:19** say?

16. Heed the words of the **Lord's Prayer**, "*_____ us _____ trespasses, as _____ forgive _____ who trespass against _____; and lead _____ not into temptation, but deliver _____ from _____.*"

17. Where in the Bible do we find written "Fools give full vent to their rage, but the wise bring calm in the end."

18. Where in the Bible do we find written "*Refrain from anger and turn from wrath; do not fret—it leads only to evil.*"

19. "Put your sword _____ in its place," Jesus said to him, "for _____ who draw the sword will die by the sword." **Matthew 26:52**

20. "Get rid of all _____, _____ and _____, _____ and _____, along with _____." **Ephesians 4:31**

21. "But now you must put them all away: _____, _____, _____, _____, and _____ from your mouth." **Colossians 3:8**

22. What is God?

23. He totally and completely distances Himself from _____, _____, _____, and the _____.

24. He maintains His purity and rejects, fights against, and destroys that which would do what?

25. Hence, God's anger and wrath must always be seen in relation to what?

26. The emotion or passion that moves God to this maintaining and defending is expressed by the terms of what?

27. What are consequences of His wrath?

28. How long has the wrath of God has been revealed?

29. It was implied when _____ was warned he would _____ if he _____ and _____ God (**Gen 2:17**)

30. When He revealed that _____ would be crushed (**Gen 3:15**).

31. God's loving _____, _____, and _____ were challenged by _____ and _____ and _____.

32. When did God revealed the execution of His wrath?

33. When else did God reveal His displeasure?

34. When else did God reveal his displeasure?

35. The revelation of God's wrath was clearly _____ by means of the plagues of _____ and the _____ of Pharaoh's army.

36. His _____ and _____ also arose against _____ with whom he had covenanted when they _____ the golden _____, and when they _____ after hearing the report of _____ of the twelve _____.

37. Moses warned of the consequences of God's wrath for Israel if as a people they broke the covenant; because God's love was offended what would they experience?

38. The Chronicler referred to God's wrath repeatedly because Israel, God's covenant people did what?

39. The psalmists referred to the wrath of God against what?

40. The prophets likewise _____ concerning the _____ of God executed upon nations for their _____ of and _____ wreaked on the _____ people.

41. How was the anger of God was demonstrated?

42. The wrath of God that the New Testament speaks of is to be expressed how?

43. Where in Scripture does Paul repeatedly warn about the wrath of God, from which people are to be saved?

44. How many people are under wrath from God?

45. What is the only way to escape this wrath, which is sure to be in full and fierce force in the judgment day?

46. This same Christ will execute divine wrath and vengeance to its fullest degree in judgment day. Where do we find this written in Scripture?

47. Wrath is used with reference to both what?

48. The _____ wrath is to be regarded as the natural _____ of the _____ nature, which is _____ holiness, manifesting itself _____ the willful, high-handed, deliberate, inexcusable _____, and _____ of _____.

49. Wrath, when used of man, is what?

50. It is for this reason that man is forbidden to what?

51. He is not to " _____", nor must he allow " _____" (**Ephesians 4:26**).

52. He must not be what with his brother?

53. But is to seek agreement with him lest the _____ that will necessarily fall upon the wrathful be _____ out to him (**Matthew 5:25-26**).

54. Wrath or anger, as pertaining to God, is very much more prominent in which of the Testaments, Old or New?

55. This is to be accounted for probably because the New Testament magnifies the _____ and _____ of _____ as contrasted with His _____.

56. At least love is more prominent than _____ in the revelation and teaching of Christ and His apostles.

57. Nevertheless, it must not be thought that the element of wrath, as a _____ of the divine _____, is by any means _____ in the _____ Testament because of the prominent place there given to _____.

58. On the contrary, the wrath of God is _____ because of the more wonderful manifestation of His _____, _____, and _____ in the gift of His _____ Jesus _____ as the _____ of the world.

59. **James 1:19-20**, "*My dear brothers and sisters, take note of this: Everyone should be _____ to listen, _____ to speak and _____ to become angry,²⁰ because _____ anger does _____ produce the righteousness that God _____.*"

60. How does patience cure wrath?

6. ENVY

Envy is the intense desire to have an item that someone else possesses.

WHAT IS ENVY?

<https://www.christianity.com/wiki/sin/what-is-envy-the-definition-and-consequence-of-this-deadly-sin.html>

By: Rick Warren

Envy is the sin of jealousy over the blessings and achievements of others, especially the spiritual enjoyment and advance of the kingdom of Christ freely and graciously bestowed upon the people of God.

THE DEFINITION OF ENVY

Envy is defined by **Merriam-Webster** as the: “painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage.”

Baker’s Evangelical Dictionary gives a biblical definition of Envy as the following: Sin of jealousy over the blessings and achievements of others, especially the spiritual enjoyment and advance of the kingdom of **Christ** freely and graciously bestowed upon the people of God. Old Testament examples of the sin of jealousy include the rivalry of Joseph's brothers over the favor that Joseph received at the hand of God (**Gen 37:12-36; Acts 7:9**), and Saul's animosity toward David for his physical and spiritual prowess (**1 Sam 18**). Envy inevitably leads to personal harm and debilitation, affecting one's physical, spiritual, and emotional well-being (**Job 5:2; Proverbs 14:30**). Unchecked, it gradually leads to a destructive and remorseful way of life (**Proverbs 27:4**), and ultimately, to estrangement from God (**Romans 1:28-32**).

The sin of envy can be traced all the way back to one of the Ten Commandments. We are told “*Thou shall not covet*” in the divine laws given to Moses in the Old Testament. This commandment directly relates to the deadly sin of envy, as we are instructed to not desire the possessions or attributes of others.

Both in the Old and New Testament, there are mentions of envy and stories associated with it, often with a dramatic consequence. In the Book of Genesis envy is declared to be the motivation behind Cain murdering his brother, Abel, as Cain envied Abel because God favored Abel's sacrifice. In one of the very first stories of the **Bible**, we are informed of the destructive power and wickedness that envy can cause.

THE CONSEQUENCE OF ENVY

*“A heart at peace gives life to the body, but **envy** rots the bones.” Proverbs 14:30*

The consequences of envy can be deadly and should not be neglected. Rick Warren lists four crucial ways that envy will damage your life in a **Devotional for Crosswalk.com**:

1. Envy denies your uniqueness.

Psalm 139:13-16 says, *“You made all the delicate, inner parts of my body and knit me together in my mother’s womb... Your workmanship is marvelous... You watched me as I was ... woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed”* (NLT, second edition).

Envy blinds you to your own giftedness and uniqueness. But God didn’t make you to be like somebody else. God made you to be you.

2. Envy divides your attention.

You cannot follow God’s purpose and focus on other people at the same time. You get a divided allegiance, and then you don’t get anything done in your life.

Jesus says in **Matthew 6:24**, *“No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.”*

3. Envy wastes your time and energy.

Ecclesiastes 4:4-8 says, *“I have also learned why people work so hard to succeed: it is because they envy the things their neighbors have. But it is useless. It is like chasing the wind Here is someone who lives alone. He has no son, no brother, yet he is always working, never satisfied with the wealth he has. For whom is he working so hard ... ? This is useless, too — and a miserable way to live”* (GNT).

4. Envy leads to every other sin.

Envy can destroy everything and everyone around you. The Bible says, *“Where jealousy and selfish ambition exist, there is disorder (unrest, rebellion) and every evil thing”* (**James 3:16**).

At the heart of the problem is a problem of the heart. Envy is a heart problem.

Any time you envy you have gotten your worship misguided because envy is a form of worship. It says, “I desire that. I want that. I love that. I want to live for that.” That’s called worship. And any time that item is not God, it becomes an idol.

The Bible says the following in **Proverbs 14:30**, *“A sound heart is life to the body, But envy is rotteness to the bones.”*

.....

Here's a question for each of us.....

Is this Envy thing personal? Does it strike a note? Do we justify what we are doing even with words like "I deserve it and It's our turn... even though it's ENVY?

A SINCERE PRAYER FOR WHEN YOU'RE STRUGGLING WITH ENVY

<https://www.ibelieve.com/faith/sincere-prayer-for-when-struggling-with-envy.html>

By: Shelby Turner

There's nothing quite like that first scroll through social media in the morning. Still groggy-eyed and only half awake, I thumb through the polished pictures. A close friend just returned from a Caribbean vacation, she looks so happy and carefree enjoying the sun and sand. Another friend just got a promotion at work, I try to imagine where I might be in my career if I hadn't made the choice to stay home with my children. Someone else is sharing pictures of their home remodel and they are the gold standard of Pinterest perfection. I glance at the bare walls of my house that is one bedroom too small for my family and I wonder when it will be our turn to have a home that we don't have to squeeze so tightly into.

In the first five minutes of my day, I've let my mind wander down the path of discontentment and envy. I want what they have. I set my feet on the floor and walk to the kitchen to start my day of nose wiping, lunch making and mess cleaning. Boy do I really want what they have instead of this!

ENVY BLINDED THE PHARISEES TO WHO JESUS WAS

There was a group of people in the Bible who struggled with envy as well. They were the religious leaders who oversaw the temple and the teaching of the law during the time that Jesus began His public ministry. Throughout the Gospels Jesus confronts the self-image-obsessed **Matthew 23:5** [says, "Everything they do is done for people to see: They make their phylacteries [box with verses strapped to their heads] wide and the tassels on their garments long;"], greedy **Matthew 23:27** ["Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean."] and stubborn hearted **Mark 3:5** ["He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored."] Pharisees. But the Pharisees couldn't see who Jesus was; they could only see that His teaching was a threat to the success of their religious establishments. And they envied him.

People who were once following the Pharisees were beginning to follow Jesus and because of the deep envy in their hearts they connived and carried out a plan to put Jesus to death. They were so preoccupied with their own notoriety, success and wealth that the Savior of the world was standing in front of them, but they couldn't

see Him for who He was, they only saw Him as someone **who had what they wanted**.

It didn't take long for them to find someone within Jesus' inner circle who was also willing to betray him out of greed. Judas agreed to deliver Jesus to them for 30 pieces of silver. Scholars agree that today that amount of silver would be worth about two hundred dollars. Judas, who had been following Jesus closely and had heard His teachings and seen Him perform miracles was bought by such a small price.

After Jesus was captured, He was brought before the governor Pilate to determine His fate. Even Pilate knew that Jesus had committed no crime but was being set up by the Pharisees. **Matthew 27:18** says, *"for he [Pilate] knew it was out of envy that they had delivered Him up."* Yet still Jesus was led to death on a cross because of the jealous hearts of the Pharisees.

The Pharisee's hearts remained calloused against Jesus until the moment He died, but Judas had a different story. Listen to **Matthew 27:3**, *"When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the pieces of silver to the chief priests and the elders. 'I have sinned,' he said, 'for I have betrayed innocent blood.'"*

Judas realized too late that he had given up something of priceless value, Jesus, for something that was worth far less than he had thought. The money didn't satisfy him, it caused him intense regret. [QUESTION... did Judas repent?]

ENVY BLINDS US TO THE PRICELESS VALUE OF CHRIST

If we aren't careful, envy will have the same result in us that it did for the Pharisees and Judas. **Envy comes from an unhealthy craving for success, notoriety, appearance, and possessions.** Envy leads to silencing Jesus' voice in our lives and instead listening to the desire for more.

Envy wants to be elite—Jesus left His place at the table to wash the disciples' feet as a servant.

Envy wants to be affluent—Jesus taught that we should give all we have to the poor and build up treasure in heaven.

Envy wants to be known and admired by others—Jesus sought anonymity and cared nothing for His reputation, regularly socializing with people who were viewed as outcasts and rejects.

When we let jealous thoughts grow, when we run after the things others have that we want, when we let discontentment tell us that we need more than we have, then **we're pursuing the opposite of what Jesus lived and taught.** We're trading a life close with Christ for a life of the successes, wealth, and recognition we desire—just like the Pharisees.

I'LL BE THE FIRST TO ADMIT THAT I SPEND MORE TIME THINKING ABOUT HOW I CAN GET MORE RATHER THAN THINKING ABOUT HOW I CAN GIVE AWAY WHAT I HAVE.

Culture constantly tells us that unless we're moving onward and upward, we're losing at life. But it's a lie!

ARE YOU ENTANGLED IN ENVY? IT'S TIME TO THROW IT OFF

What if instead of fixing our eyes on when we can get a new car or the latest iPhone, **we chose to fix our eyes on Jesus?** Would we see that He's been asking us to take a meal to the elderly neighbor down the street? Would we hear Him tell us to buy the groceries of the person in front of us at the store? Would He whisper to us that our latest bonus was meant to bless a family member in need more than it was meant to bless us?

Hebrews 12:1-2 says, *"Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus."* Envy is something that we must throw off so we can live the life God has for us unhindered!

If only I had a husband...

If only I had more money...

If only I had had more people to help me...

If only I had my own home...

If only I had a less stressful job...

Do any of these sound familiar? If we're trapped by the idea that we must have what others have then we may not even be able to cross the starting line of running the race God has for us! Today, God is asking you to lay aside every thought you have about how your life, possessions and accomplishments aren't enough. It's time to run your race with nothing holding you back!

A PRAYER FOR WHEN YOU'RE STRUGGLING WITH ENVY:

Here's a sincere prayer you can pray when you're struggling with envy:

Lord, I lay my heart and my desires before you. **Search my heart, know my thoughts** and see if there is any grievous way in me. Show me where envy has caused me to pursue more over pursuing you. **Realign my heart with your will for my life!**

I want to be content in you [...fully satisfied]! I want to think about serving others and bowing low as often as you did. **Today**, show me how to give of myself to those around me as I am at work, at home and everywhere in between.

I recommit this part of my life to you, Lord. My belongings, my success and my reputation are no longer the most important things to me. You are the most important thing. Help me to live like I mean it [... because I believe it]! Amen.

Other biblical texts, which mention envy, include:

Job 5:2, *“Resentment kills a fool, and envy slays the simple.”*

Psalm 37:1, *“Do not fret because of those who are evil or be envious of those who do wrong;”*

Proverbs 24:19-20, *“Do not fret because of evildoers or be envious of the wicked, ²⁰ for the evildoer has no future hope, and the lamp of the wicked will be snuffed out.”*

Ecclesiastes 4:4, *“And I saw that all toil and all achievement spring from one person’s envy of another. This too is meaningless, a chasing after the wind.”*

Galatians 5:26, *“And I saw that all toil and all achievement spring from one person’s envy of another. This too is meaningless, a chasing after the wind.”*

James 3:14-16, *“But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice.”*

Kindness cures envy by placing the desire to help others above the need to supersede them.

TEST - CHAPTER SIX
THE 7 DEADLY SINS
- ENVY -

1. What is a definition for Envy?

2. What is Envy the sin of?

3. Jealousy of what?

4. How is Envy defined by **Merriam-Webster**?

5. Where do we find the following Biblical definition of Envy? "Sin of jealousy over the blessings and achievements of others, especially the spiritual enjoyment and advance of the kingdom of Christ freely and graciously bestowed upon the people of God."

6. Old Testament examples of the sin of jealousy include the following.

•

•

7. Envy inevitably leads to what?

8. Which affects one's three areas of well-being. Name them.

9. Unchecked, it gradually leads to what?

10. The sin of envy can be traced all the way back to what?

11. We are told “_____” in the divine laws given to Moses in the Old Testament.

12. This commandment directly relates to the deadly sin of _____, as we are instructed to _____ desire the _____ or attributes of others.

13. Where in the Bible are there mentions of envy and stories associated with it, often with a dramatic consequence?

14. In the Book of Genesis what is envy declared to be?

15. Cain _____ Abel because God _____ Abel's sacrifice.

16. Where in the Bible do we find written, *"A heart at peace gives life to the body, but envy rots the bones."*

17. Envy denies _____.

18. Where in the Bible do we find written *"You made all the delicate, inner parts of my body and knit me together in my mother's womb... Your workmanship is marvelous... You watched me as I was ... woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed"* (NLT, second edition).

19. What does Envy blind you to?

20. Envy divides _____

21. You cannot follow God's purpose and do what?

22. You get a _____ allegiance, and then you _____ get anything _____ in your life.

23. What does Jesus say in **Matthew 6:24**?

24. Envy wastes your _____.

25. **Ecclesiastes 4:4-8** says, *"I have also _____ why people work so hard to succeed: it is because they _____ the things their neighbors _____. But it is _____. It is like chasing the _____ Here is someone who lives alone.*

He has no son, no brother, yet he is always working, never _____ with the wealth he has. For whom is he working so hard ... ? This is _____, too — and a _____ way to live” (GNT).

26. Envy leads to _____.

27. Envy can destroy everything and everyone around you. The Bible says, “Where jealousy and selfish ambition exist, there is disorder (unrest, rebellion) and every evil thing.” Where do we find this verse in Scripture?

28. At the heart of the problem is a...

29 Envy is a

30. Any time you _____ you have gotten your _____ misguided because envy is a form of _____.

31. It says,

32. Any time that item is not God, it becomes what?

33. The Bible says the following in **Proverbs 14:30**

34. Is this Envy thing _____? Does it strike a _____? Do we _____ what we are doing even with words like “I _____ it and It’s our _____... even though it’s ENVY?

35. In the first five minutes of my day, what have I let my mind do?

36. What do I want?

37. There was a group of people in the Bible who struggled with envy as well. Who were they?

38. Where do we find in Scripture, “Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean.”

39. The Pharisees couldn't see who Jesus was; they could only see what?

40. People who were once following the Pharisees were beginning to follow Jesus and because of what they connived and carried out a plan to put Jesus to death?

41. They were so _____ with their own _____, _____ and _____ that the Savior of the world was standing in front of them, but they couldn't see Him for who He was, they only saw Him as someone who had what they wanted.

42. Judas agreed to deliver Jesus to them for how much?

43. Scholars agree that today that amount of silver would be worth about how much money?

44. The Pharisee's hearts remained calloused against Jesus until when?

45. What does it say in **Matthew 27:3**?

46. Did Judas repent from his sin? Clarify why he did or why he did not in the space below.

47. Where does Envy come from?

48. Envy leads to what?

49. Envy wants to be _____—Jesus left His place at the table to wash the disciples' feet as a servant.

50. Envy wants to be _____—Jesus taught that we should give all we have to the poor and build up treasure in heaven.

51. Envy wants to be _____

52. When we let jealous thoughts grow, when we run after the things others have that we want, when we let discontentment tell us that we need more than we have, then what happens?

53. We're trading a life close with Christ for a life of what?

54. I'll be the first to admit that I spend _____ time thinking about how I can _____ more rather than thinking about how I can _____ away what I _____.

55. Culture constantly tells us that unless we're moving onward and upward, we're losing at _____. But it's a lie!

56. What if we chose to fix our eyes on Jesus? Instead of what?

57. Would we hear Him tell us to buy the groceries of whom?

58. Would He whisper to us that our latest bonus was meant to do what?

59. **Hebrews 12:1-2** says, "Let us throw off _____ that _____ and the sin that so easily _____. And let us run with _____ the race marked out for us, _____ our eyes on Jesus."

60. Envy is something that we must throw off so we can do what?

61. If only I had _____...

If only I had _____...

If only I had had _____...

If only I had _____...

If only I had _____...

62. If we're trapped by the idea that we must have what others have then what?

63. Today, God is asking you to lay aside every thought you have about _____, _____ and _____ aren't enough. It's time to run your race with _____ holding you _____!

64. Lord, I lay my heart and my desires before you. _____ and see if there is any grievous way in me.

65. Show me where envy has caused me to do what?

66. Realign my heart with what?

67. I want to be content in you [..._____]! I want to think about serving others and bowing low as often as you did.

68. Today, show me how to give of myself to those around me as I am _____, _____ and _____.

69. I _____ this part of my life to you, Lord. My _____, my _____ and my _____ are no longer the most important things to me. _____ are the most important thing. _____ me to live like I _____ it [... because I _____ it]! Amen.

70. How does Kindness cures envy?

7. PRIDE

Pride is an excessive view of one's self without regard for others.

WHAT IS THE BIBLICAL DEFINITION OF PRIDE?

<https://www.whatchristianswanttoknow.com/what-is-the-biblical-definition-of-pride/>

By: Jack Wellman

Here is a biblical definition of pride in the hopes that we will humble ourselves before God.

WHAT IS PRIDE?

If you ask someone off the street what they thought pride was, you might be told that its conceit, self-esteem, egotism, vanity, and some say the rich are proud by flaunting their advantages, achievements, wealth, or possessions. Some would even say it's a good thing to have. A parent can have pride in the accomplishments of their child can't they? Is being proud of someone considered sin, since pride is a sin? Pride can be tied to wealth, but it doesn't mean that just because they're rich, they're full of pride. Only God can see into that person's heart (**1 Sam 16:7**). I've got my own heart issues (**Jer 17:9**).

IS ALL PRIDE SIN?

Some believe that if someone says "They're proud of their child" or "their team" or whatever else it might be, then that is considered sin, but I would ask them, "Who is their proudness focused on?" Is it inwardly, self-directed or outwardly, toward another and their accomplishment or effort? I grant that I am biased if I am proud of my own child but I can be proud of someone else's effort without even knowing them, can't I? When God condemns pride, I don't think He had in mind us being proud of someone else's accomplishment or heroic effort, even in failure. I believe it is when "I" is capitalized in "prIde" that it becomes sin. Do we have anything to brag about? Let's ask the Apostle Paul; "*Paul, do you think we can brag or boast, at least a little?*" Paul answers with a question; "*What do you have that you did not receive? If then you received it, why do you boast as if you did not receive it*" (**1 Cor 4:7**)? By my count, I came up with a big, fat zero! I agree with Paul, "*Let the one who boasts, boast in the Lord*" (**2 Cor 10:17**) because dead men don't resurrect themselves (**Eph 2:1**).

HOW GOD FEELS ABOUT PRIDE

The Bible has a lot to say about pride, and none of it is good. Include Solomon in that category as he wrote "*The fear of the Lord is hatred of evil. Pride and arrogance and the way of evil and perverted speech I hate*" (**Prov 8:13**). What I see in the ways of evil, perverted speech, and arrogance is that they are all centered in pride. Little do they heed the biblical warning that "*Pride goes before destruction, and a haughty spirit before a fall*" (**Prov 16:18**). Experience is a good teacher, but she is a hard teacher. The truth is, "*One's pride will bring him low*" (**Prov 29:23**). The list of

historical figures to prove that is too numerous to count and impossible to miss. From the beginning of Adam and Eve, men and women have come crashing down from their pedestal of pride. I have! The higher they are exalted, the farther they have to fall...and the harder they land. Jesus warned that *"Whoever exalts himself will be humbled, and whoever humbles himself will be exalted"* (**Matt 23:12**). You and I can either voluntarily humble ourselves before God or He may have to do it for us; you can guess which one is more painful.

A BIBLICAL DEFINITION OF PRIDE

We already know that pride is a sin (**Proverbs 8:13**) but how would you define it from Scriptures? Pride causes the wicked to lie about the righteous (**Psalms 31:18**) and *"For the sin of their mouths, the words of their lips, let them be trapped in their pride"* (**Psalms 59:12**). So a person who is proud will lie about others and even about themselves but in time, they will "be trapped in their pride" and get caught in their own lies. A person will usually lie to make themselves look better and others look worse. There is also the bent toward violence, and because *"pride is their necklace; violence covers them as a garment"* (**Psalms 73:6**). Jesus gave us a list of the depravity of man when He mentioned its source: *"For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person"* (**Mark 7:21-23**). Pride is mentioned in the same breath as is sexual immorality, adultery, deceit, sensuality, and slander. So pride can be defined as someone who customarily lies, and the list Jesus gave us that come out of the human heart in **Mark 7:21-23**.

SEVEN THINGS GOD HATES

In the so-called "seven things God hates," which is found in **Proverbs 6:16-19**, maybe you'll notice that every single one of these sins that God detests have pride in them. Think about this; *"haughty eyes, a lying tongue, and hands that shed innocent blood, a heart that devises wicked plans, feet that make haste to run to evil, a false witness who breathes out lies, and one who sows discord among brothers."* Haughty eyes are full of pride and look down upon others. A lying tongue assassinates other people's character by lies or gossip and that is pride centered. Those who shed innocent blood don't always do it just because they feel like it. Home and business burglaries and Internet hacking of website data and emails are all about "me, myself," and "I," aren't they? Those who are quick to run to evil and bear false witness (lie) about others are only thinking of themselves. Did you notice this list includes lying, twice!? And finally, whoever is sowing discord is like someone sowing seeds in a field, but these are weeds and the sower of discord only wants to look better than others.

CONCLUSION

I believe that pride is at the root of all sin. It caused Lucifer's fall from heaven and it can cause our fall too if we're not careful and don't remain humble. Pride caused the fall in the Garden (**Gen 3:2-7**) as the Apostle John seems to indicate, *"For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world"* (**1 John 2:16**). The desires of the flesh are self-centered, pride-filled passions. The desires of the eyes, through pornography

for example, is causing many to commit adultery in their heart and wreck marriages (**Matt 5:27-30**) and that is all about filling one's own personal gratification of the flesh; and finally, the pride of life needs no explanation does it? Isn't it just as obvious as the creation itself? Looking as this "unholy trinity," or three-fold threat facing us, we need to stay humble and crush the pride or our pride may just crush us.

.....

WHAT MAKES PRIDE A SIN?

<https://www.christianity.com/wiki/sin/what-makes-pride-a-sin.html>

By: Heather Riggelman

Everything we have, we have received from God. It is not wrong to feel good about something you have accomplished as long as you recognize, and admit, that you could not have done so without Him.

Proverbs 16:18 says, "*Pride goes before destruction, and a haughty spirit before a fall.*" There are many other biblical warnings about the sin of pride.

But why is pride so strongly warned against? Why is pride a sin? Is it always a sin to feel proud of something you have accomplished?

It is very important to understand what precisely is the pride that God hates.

Proverbs 8:13 says, "*To fear the LORD is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.*"

Several years ago, when my first book was published, I had the opportunity to meet Beth Moore and have her sign it. I stood in line just beaming as I held my precious book.

It smelled of freshly printed pages and the cover was a beautiful glossy green. I was so immensely proud of fulfilling my calling. I was even more proud that I could call myself an author.

When it was my turn to meet Beth, I showed her my book and we chatted for a bit. Then, she turned to her assistant and asked her to hold the line because apparently, I was in serious need of an eye-opening, come-to-Jesus-moment.

She pulled me aside and grabbed both of my shoulders. She made sure I was looking her square in the eye when she said, "Heather, keep seeking Jesus far more than your calling." She went on to tell me, time spent *with Christ* was far more important than the things I *do* for Christ or any title I hold.

Because if I wasn't careful, it would be my downfall. She even shared personal examples in her own life. I walked away that day filled with conviction and humility because she cared enough to keep my pride in check.

There wasn't anything wrong with being proud of all my hard work. Just like there isn't anything wrong with being proud of your children, or your home, or getting a promotion.

In fact, we're supposed to take pride in these things — to an extent. The Bible encourages us to work hard so we'll be satisfied with the results. It says, *"The diligent man prizes his possessions"* **Proverbs 12:27**.

WHEN PRIDE BECOMES A SIN

But even this kind of pride can be a slippery slope — if we end up taking credit for what we've done instead of thanking God for helping us. Pride is the deadliest of all sins because it leads to all other sins. Pride is delusional, spiteful, and bitter. At its root, it declares, "I don't want God to be God. I want to be God!"

Sinful pride is refusing to recognize God's sovereign role in everything. "Good pride" is recognizing that apart from God, you can do nothing (**John 15:5**), and, therefore, giving God the glory for the things you accomplish.

In other words, anything that dethrones God from your heart is deadly. Anything that makes us sit on the throne of our hearts is definitely an issue.

It was the sin of pride, which first led Eve to eat of the forbidden fruit. In Genesis, we read, *"Then the serpent said to the woman, 'You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil.'" So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave it to her husband who was with her and ate it."* **Genesis 3:4-6**.

Who do you think the serpent really was? It was the enemy himself, Satan. In fact, **pride led to his downfall** too. Pride transformed Lucifer, an anointed cherub of God, the very *"seal of perfection, full of wisdom and perfect in beauty,"* into Satan, the devil, the father of lies, the one for whom Hell itself was created. (**Isaiah 14:12-15; John 8:44; Matthew 25:41**)

Despite the fact that God had created Satan and gave him all of the power and beauty he possessed, Satan wanted all of the glory. He turned into the enemy of God when he chose not to worship God in response to the gifts he was given.

Instead, he wanted all of God's power, glory, and the throne. He viewed himself as better than God instead of choosing to embrace his reflection of God himself.

In the **Book of Matthew**, we see an example of pride in the Pharisees. They were self-righteous (**Matthew 6:1-2**). Jesus tells them, *"You are like whitewashed tombs, which appear beautiful on the outside, but inside are full of dead men's bones and every impurity"* (**Matthew 23:27**). Their goal was to impress others with external materials and performance.

The main reason why each of us is on this earth is that our mission is to reflect God in all that we say and do. It is our goal to be image-bearers of Christ! But this is what pride does, it sets you before a very haughty fall.

1 Corinthians 4:7 summarizes this nicely: *“What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?”* St. Mariam Baouardy describes pride this way: *“The proud person is like a grain of wheat thrown into water: it swells, it gets big. Expose that grain to the fire: it dries up, it burns. The humble soul is like a grain of wheat thrown into the earth: it descends, it hides itself, it disappears, it dies; but to revive in heaven.”*

Everything we have, we have received from God. Therefore, we should not act as if we have accomplished anything on our own. It is not wrong to feel good about something you have accomplished as long as you recognize, and admit, that you could not have done so without him.

We need to make it a goal to live for Christ every day. The Bible says, *“God opposes the proud but gives grace to the humble”* (**1 Peter 5:5**).

SCRIPTURE TO HELP US KEEP OUR PRIDE IN CHECK

We would do well to check our spirits when it comes to pride. While God opposes the proud, he gives immense grace to the humble. Humility comes when we internalize the truth that nothing in the life of a Christian is to be about us.

It is all about Jesus Christ and Him only. Here are four reminders to help you eliminate pride:

1. *But He gives more grace. Therefore, it says, “God opposes the proud, but gives grace to the humble”* (**James 4:6**).

2. *Pride comes before destruction, and an arrogant spirit before a fall. Better to be lowly of spirit with the humble than to divide plunder with the proud* (**Proverbs 16:18-19**).

3. *For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted* (**Luke 14:11**).

4. *And all of you clothe yourselves with humility toward one another, because, “God resists the proud but gives grace to the humble. Humble yourselves, therefore, under the mighty hand of God, so that He may lift you up at the proper time, casting all your care on Him, because He cares about you* (**1 Peter 5:5-7**).

.....

The Bible says the following in **Jeremiah 9:23-24**, “...Let not the mighty man boast of his might...but let him who boasts boast of this, that he understands and knows Me...”

Pride is also mentioned in the following verses:

Proverbs 8:13, “To fear the LORD is to hate evil; I hate pride and arrogance, evil behavior and perverse speech.”

Proverbs 16:18, “Pride goes before destruction, a haughty spirit before a fall.”

Romans 12:16, “Live in harmony with one another. Do not be proud, but be willing to associate with people of low position [be willing to do menial work] Do not be conceited.”

1 Corinthians 13:4, “Love is patient, love is kind. It does not envy, it does not boast, it is not proud.”

Galatians 6:3, “If anyone thinks they are something when they are not, they deceive themselves.”

James 4:6-7, “But he gives us more grace. That is why Scripture says: “God opposes the proud but shows favor to the humble.”⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

Humility cures pride by removing one's ego and boastfulness, therefore allowing the attitude of service.

TEST - CHAPTER SEVEN

THE 7 DEADLY SINS

- PRIDE -

1. What is Pride?

2. If you ask someone off the street what they thought pride was, you might be told that it's what?

3. Some say the rich are proud by flaunting what?

4. Pride can be tied to wealth, but it doesn't mean what?

5. Who is the only one that can see into that person's heart? (1 Sam 16:7).

6. Some believe that if someone says "They're proud of their child" or "their team" or whatever else it might be, then that is considered sin, but I would ask them what question?

7. Pride is

8. Do we have anything to brag about? Let's ask the Apostle Paul;

"_____?" Paul answers with a question; "_____? If then you received it, why do you boast as if you did not receive it" (1 Cor 4:7)? By my count, I came up with a big, fat zero!

9. I agree with Paul. What does he say in 2 Corinthians 10:17?

10. Include Solomon in that category as he wrote "The fear of the Lord is hatred of evil. Pride and arrogance and the way of evil and perverted speech I hate." Where is this found in Scripture?

11. What is all centered on pride?

12. Little do they heed the biblical warning that says.....

13. What is the truth?

14. The list of historical figures to prove that is too numerous to count and impossible to miss. From the beginning of _____ and _____, men and women have come crashing down from their pedestal of _____.

15. The higher they are exalted,...?

16. What did Jesus warn about?

17. You and I can either voluntarily humble ourselves before God or what might happen?

18. What do we already know?

19. Pride causes the wicked to do what?

20. What does **Psalm 59:12** say?

21. So a person who is _____ will lie about _____ and even about _____ but in time, they will "be _____ in their pride" and get caught in their own _____.

22. A person will usually lie to do what?

23. There is also the bent toward violence, and because of this, what happens?

24. Jesus gave us a list of the depravity of man when He mentioned its source: "*For from within, out of the heart of man, comes what?*"

Seven Deadly Sins - Vice vs. Virtue - Sin vs. Holiness 69

32. Those who shed innocent blood do it why?

33. Those who are quick to run to evil and bear false witness do what?

34. Did you notice this list includes what twice?

35. Whoever is sowing discord is like what?

35. I believe that pride is at the root of what?

36. It caused whom to fall from heaven?

37. Where else did Pride caused the fall?

38. Apostle John seems to indicate something in **1 John 2:16**. What was it?

39. What are the desires of the flesh?

40. The desires of the eyes, through pornography for example, is causing many to commit what in their heart?

41. Everything we have, we have received from where?

42. It is not wrong to feel good about something you have accomplished as long as what?

43. Where in Scripture do we find written, "*Pride goes before destruction, and a haughty spirit before a fall.*"

44. It is very important to _____ what precisely is the _____ that God hates. **Proverbs 8:13** says, "*To _____ the LORD is to _____ evil; I _____ pride and arrogance, evil behavior and _____ speech.*"

45. Time spent with *Christ* was far more important than what?

46. Pride is us taking credit for what we've done instead of what?

47. Pride is the deadliest of all sins _____.

48. Pride is _____, _____, and _____.

49. At its root, it declares what?

50. Sinful pride is what?

51. In other words, anything that dethrones God from your heart is what?

52. It was the sin of pride, which first led _____ to eat of the forbidden fruit. In Genesis, we read, "*Then the serpent said to the woman, "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave it to her husband who was with her and ate it.*" **Genesis 3:4-6.**

53. Pride transformed _____, an anointed cherub of God, the very "*seal of perfection, full of wisdom and perfect in beauty,*" into Satan, the devil, the father of lies, the one for whom Hell itself was created. (**Isaiah 14:12-15; John 8:44; Matthew 25:41**)

54. The main reason why each of us is on this earth is that our mission is to do what?

55. It is our goal to be what?

55. **1 Corinthians 4:7** summarizes this nicely: "*What do you _____ that you did not _____? And if you did receive it, why do you boast as though you did _____?*"

56. Everything we have, we have received from whom?

57. We should not act as if we have done what?

58. It is not wrong to feel good about something you have _____ as long as you _____, and _____, that you could not have done so without _____.

59. We need to make it a goal to do what?

60. What does the Bible say?

61. How does Humility cure pride?

- ADDITIONAL READING -

SEVEN SINS & THE CHRISTIAN CHURCH

According to Christian tradition, the seven deadly sins (also known as cardinal sins or capital vices) could not be forgiven. However, **according to the Bible, these seven deadly sins are completely and totally forgivable by God, but this doesn't give us free license to commit these sins.** Biblically, the only sin that cannot be forgiven is a complete rejection of God's grace, which is outright rebellion against God—also known as blasphemy against the Holy Spirit.

THE ROOT CAUSE OF THESE SINS

Each one of these deadly sins listed above has its root in the desire for more and the human need for excess. Each sin goes against the root of Christianity, which is: love for God, love for our fellow man, and love for our bodies (keeping them as clean temples for God, **1 Corinthians 6:19-20**). Paul writes in **Philippians 4:11-12**, "*I have learned to be content in whatever circumstances I am.*" This strikes at the root of each of these deadly sins. Paul in effect is saying that God can take care of our needs and there is no need to lust or desire after excessive things.

WHAT CURES THESE DEADLY SINS?

The cure for these sins is the gift of a new heart that acts in accordance to the love and law of God. This new heart can only come from God. **Ezekiel 36:26-27** says, "*I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.*" Humanity's only hope is the miracle of a regenerated heart that acts according to the direction of the Holy Spirit to walk in God's statutes and judgments.

Power does not come from self to change the heart. On the contrary, this verse clearly points out that God alone gives you a new heart and causes you to walk in His ways. As this event becomes a reality in your life, the seven deadly sins of gluttony, envy, sloth, wrath, pride, lust, and greed will lose their power in your life. With the indwelling Holy Spirit in your life, you will instead desire to live a life based upon the principles of the Bible.

HISTORY OF THE SEVEN DEADLY SINS

The seven deadly sins were first compiled by Pope Gregory I around the year 600. They are pride, greed, lust, wrath, gluttony, envy, and sloth. Gregory also compiled a list of the seven virtues: faith, hope, charity, justice, prudence, temperance, and fortitude. The Bible would validate all of these concepts, but nowhere are they recorded in a list like this and nowhere in the Bible are they specifically referred to as the seven deadly sins or seven virtues. They do not pre-date the Ten Commandments which were given at Mt. Sinai around 1450 B.C. It is probably true that they were used extensively to teach principles from God's Word, particularly in

the centuries before the invention of the printing press when the Bible was not available for the common man to read and study.

SEVEN DEADLY SINS IN THE BIBLE

As mentioned before, the list of seven deadly sins in question does not appear in any Bible verse. However, a slightly different set of sins can be found in **Proverbs 6:16-19**, "*These six things the Lord hates, yes, seven are an abomination to Him:*

1. **A PROUD LOOK,**
2. **A LYING TONGUE,**
3. **HANDS THAT SHED INNOCENT BLOOD,**
4. **A HEART THAT DEVISES WICKED PLANS,**
5. **FEET THAT ARE SWIFT IN RUNNING TO EVIL,**
6. **A FALSE WITNESS WHO SPEAKS LIES,**
7. **AND ONE WHO SOWS DISCORD AMONG BRETHREN."**

Additionally, **Galatians 5:19-21** mentions several more sins to be on our guard against: "*Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.*"

THE SEVEN VIRTUES

The seven virtues were originally defined in the poem, *Psychomachia*, by Aurelius Clemens Prudentius, a Christian governor who died around 410 A.D. Because of the poem's prevalence the concept and idea of the seven virtues spread throughout Europe. The following is a listing of the seven virtues and how they cure each of the seven deadly sins:

1. **KINDNESS = CURES ENVY** by placing the desire to help others above the need to supersede them.
2. **TEMPERANCE = CURES GLUTTONY** by implanting the desire to be healthy, therefore making one fit to serve others.

OR LOVE = CURES GREED by putting the desire to help others above storing up treasure for one's self.

3. **CHASTITY OR SELF-CONTROL = CURES LUST** by controlling passion and leveraging that pursuit for the good of others.
4. **HUMILITY = CURES PRIDE** by removing one's ego and boastfulness, therefore allowing the attitude of service.
5. **DILIGENCE OR ZEAL = CURES SLOTHFULNESS** by placing the best interest of others above the life of ease and relaxation.
6. **PATIENCE = CURES WRATH** by taking time to understand the needs and desires of others before acting or speaking.

BIBLIOGRAPHY

Chapter 1

Understanding Lust

<https://www.christianitytoday.com/biblestudies/articles/spiritualformation/understanding-lust.html> By: Jim Vander Spek

Chapter 2

What is the Sin of Gluttony? Its Definition and Consequences

<https://www.christianity.com/wiki/sin/what-is-the-sin-of-gluttony-its-definition-and-consequences.html>

Chapter 3

What Is Greed? Definition and Bible Verses about Greed

<https://www.christianity.com/wiki/christian-terms/what-is-greed-definition-and-bible-verses-about-greed.html> By: Danielle Bernock

Chapter 4

What Is the Sin of Sloth and Why Is it Worse than Laziness?

<https://www.crosswalk.com/faith/spiritual-life/what-is-the-sin-of-sloth-and-why-is-it-worse-than-laziness.html> By: Kyle Blevins

Chapter 5

What Is Wrath? <https://www.christianity.com/wiki/sin/what-is-wrath-the-meaning-of-this-deadly-sin.html>

Chapter 6

What Is Envy? <https://www.christianity.com/wiki/sin/what-is-envy-the-definition-and-consequence-of-this-deadly-sin.html> By: Rick Warren

A Sincere Prayer for When You're Struggling with Envy

<https://www.ibelieve.com/faith/sincere-prayer-for-when-struggling-with-envy.html> By: Shelby Turner

Chapter 7

What Is The Biblical Definition Of Pride?

<https://www.whatchristianswanttoknow.com/what-is-the-biblical-definition-of-pride/> By: Jack Wellman

What Makes Pride a Sin? <https://www.christianity.com/wiki/sin/what-makes-pride-a-sin.html> By: Heather Riggleman

A COUPLE QUESTIONS...

DID YOU FIND THIS BIBLE STUDY HELPED YOU?

- Grow your faith in the Lord Jesus Christ Yes: _____ No: _____
- Helped you better relate to life's challenges Yes: _____ No: _____
- Changed your life to trust God more Yes: _____ No: _____
- Grew your knowledge and understanding of what God's Word and words mean Yes: _____ No: _____

WHAT PART OF YOUR LIFE DID THIS BIBLE STUDY EFFECT? (Please checkmark all that apply)

- Prayer _____
- Forgiveness _____
- Trust _____
- Faith _____
- Growing in the Bible _____
- Family _____
- Work _____

THE PRACTICALITY OF THE BIBLE STUDY

Please score the following questions from 1-10, with 1 being the least and 10 being the most.

1. Was I able to understand what was taught? _____
2. Am I willing to act on what I have learned? _____
3. Am I looking for and desiring Life Change? _____
4. Was this Bible Study clear in what the Bible is instructing us to do with what we have been taught? _____

THANK YOU FOR ALLOWING US TO SHARE WHAT GOD IS TEACHING US AND THROUGH US!

If you have found this Bible Study changed your Christian walk with the Lord for the better, Please consider making a donation today. Any amount will help!

If it did not help your walk with the Lord, please let us know why not!!

DONATIONS CAN BE MADE ONLINE AT WWW.SETFREECENTER.ORG OR WWW.INITFORTHECAUSE.ORG OR MAIL YOUR DONATION TO:



Set Free Ministries
Jesus... nothing more, nothing less!

116 N. CORTEZ STREET • PRESCOTT, ARIZONA • 86301 • (480) 353-1125
(Tax ID Number • EIN 32-0363396)