

# **Deadly:**

**How to flee  
temptation**



## **Seven Temptations to flee, Seven virtues to grow.**

**& one bonus temptation to avoid**

## **A Reader & Study Guide**

### **Deadly: How to flee the temptations of everyday life**

Wisdom literature has long known the idea of the seven deadly sins, for example in the Proverbs 1000BC;

There are six things the Lord hates, seven that are detestable to him: haughty eyes, a lying tongue, hands that shed innocent blood, a heart that devises wicked schemes, feet that are quick to rush into evil, a false witness who pours out lies, and a person who stirs up conflict in the community. Prov 6:16-1

This study will take us through the seven temptations of Lust, Gluttony, Greed, Sloth, Wrath, Envy, and Pride, and a bonus 8th temptation of Gossip. Each temptation has a godly counterpart which is antidote to the seven deadly sins: Purity, Self Control, Generosity, Diligence, Peace, Contentment, Humility, and encouraging speech. This isn't meant to be an exhaustive list of temptations but they are regular temptations people face.

In each study, we will reflect on each temptation personally, read through key Biblical passages from the Gospels, wisdom, law and the prophets, and the letters to the churches as conversation starters. We want to turn from and flee the seven deadly sins, We want to clothe ourselves with the positive virtues. (A virtue is a trait or quality that is deemed to be morally good and is valued as a foundation of principle and good moral being. In a Christian Sense it is a virtue fostered from being saved by Christ and united to him by the Holy Spirit) All this is in the context of the grace of The Lord Jesus, where repentance is sought, where our failures are forgiven, and where virtues are grown by the Holy Spirit. In each study we want to reflect on cultural issues incited by each temptations, some will touch you personally. This study guide is for personal reflection, One on one with a friend, or discussion material for our small groups.

The pattern of application for each study is from Colossians 3, where Paul urges us to 1. fix our hearts and minds on things above, 2. Put to death ungodliness, and 3. Clothe ourselves with godliness:

## **1. Set your minds on the things above**

Since you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory. **Col 3:1–4.**

## **2. Put to death whatever belongs to your earthly nature**

Put to death whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these **Col 3:5–8.**

## **3. Clothe yourselves with godly virtues**

As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. **Col 3:12–14.**

## **We see the same pattern of living in Galatians 5**

**The acts of the flesh are obvious:** sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

**But the fruit of the Spirit** is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. **Galatians 5:19–25**

**We challenge you to put off the seven deadly sins in your everyday life, clothe yourself with the fruit of the Spirit, and fix your hearts and minds on Jesus, who is coming again to judge the living and the dead ,and bring us into glory !**

## **1. Flee Lust, Pursue Purity**

Lust in its broadest sense is the obsessive desire for a person or thing. In this study we will investigate the temptation as an expression of sexual desire sought in inappropriate ways. Purity says no to lust.

How would you define lust ?

What does lust look like in our culture?

How do you wrestle with lust?

What are the signs in your life lust is ruling you ?

### **Jesus teaching and example:**

'You have heard that it was said, "You shall not commit adultery." But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. Mt 5:27–30.

After he had left the crowd and entered the house, his disciples asked him about this parable. 'Are you so dull?' he asked. 'Don't you see that nothing that enters a person from the outside can defile them? For it doesn't go into their heart but into their stomach, and then out of the body.' (In saying this, Jesus declared all foods clean.) He went on: 'What comes out of a person is what defiles them. For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.' **Mark 7**

Some Pharisees came to him to test him. They asked, 'Is it lawful for a man to divorce his wife for any and every reason?' 'Haven't you read,' he replied, 'that at the beginning the Creator "made them male and female," and said, "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh"? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.' 'Why then,' they asked, 'did Moses command that a man give his wife a certificate of divorce and send her away?' Je-

sus replied, ‘Moses permitted you to divorce your wives because your hearts were hard. But it was not this way from the beginning. I tell you that anyone who divorces his wife, except for sexual immorality, and marries another woman commits adultery.’ The disciples said to him, ‘If this is the situation between a husband and wife, it is better not to marry.’ Mt 19:3–10.

### **Wisdom teaching and example:**

Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love. 20 Why, my son, be intoxicated with another man’s wife? Why embrace the bosom of a wayward woman? Proverbs 5:15–19

My beloved is radiant and ruddy, outstanding among ten thousand. His head is purest gold; his hair is wavy and black as a raven. His eyes are like doves by the water streams, washed in milk, mounted like jewels. His cheeks are like beds of spice yielding perfume. His lips are like lilies dripping with myrrh. Song of Songs 5:10–13.

When tempted, no one should say, ‘God is tempting me.’ For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. James 1:13–15

### **Law and the prophets teaching**

‘ “Do not have sexual relations with your father’s wife; that would dishonour your father. ‘ “Do not have sexual relations with your sister, either your father’s daughter or your mother’s daughter, whether she was born in the same home or elsewhere. ‘ “Do not have sexual relations with your son’s daughter or your daughter’s daughter; that would dishonour you. ‘ “Do not have sexual relations with the daughter of your father’s wife, born to your father; she is your sister. ‘ “Do not have sexual relations with your father’s sister; she is your father’s close relative. ‘ “Do not have sexual relations with your mother’s sister, because she is your mother’s close relative. ‘ “Do not dishonour your father’s brother by approaching his wife to have sexual relations; she is your aunt. ...etc ..Lev 18:8–14

One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman washing. The woman was very beautiful, and David sent someone to find out about her. The man said, ‘She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.’ Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home. The woman conceived and sent word to David, saying, ‘I am pregnant.’ 2 Sa 11:2–5.

### **New Testament letters**

Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth about God for a lie, and worshipped and served created things rather than the Creator—who is for ever praised. Amen. Because of this, God gave them over to shameful lusts. Even their women exchanged natural sexual relations for unnatural ones. In the same way the men also abandoned natural relations with women and were inflamed with lust for one another. Men committed shameful acts with other men, and received in themselves the due penalty for their error. Romans 1:23–27

Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies. 1 Co 6:18–20.

It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honourable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. For God did not call us to be impure, but to live a holy life. Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit. 1 Th 4:3–8.

### **Food for thought 1# Lust**

“All the seven deadly sins are man's true nature. To be greedy. To be hateful. To have lust. Of course, you have to control them, but if you're made to feel guilty for being human, then you're going to be trapped in a never-ending sin-and-repent cycle that you can't escape from” Marilyn Manson

"Lust is temporary, romance can be nice, but love is the most important thing of all. Because without love, lust and romance will always be short-lived." Danielle Steel

"I've looked on many women with lust. I've committed adultery in my heart many times. God knows I will do this and forgives me." Jimmy Carter

"Love is a strange emotion. It is ever evolving. Lust is transient. With time, one realizes that love and togetherness are two different things. Very few people are lucky enough to experience the two emotions simultaneous" Randeep Hooda

## Reflection: Read the passages

Why is lust deadly? Why is lust a sin?

Read through the verses, Why do you think there is a hard line on lust ?

What is God's good design for sex?

What would help you to say no to lust ?

Luke 7:36-50 What does the incident in Luke 7 teach us about seeking forgiveness for lust ? Which character do you most resonate with?

What do you need to change in your life to avoid lust ?

Why does the Bible celebrate sexual purity ?

How can you foster purity of thought, word, and deed in the sexual realm?

How should you deal with your sexual failures ?

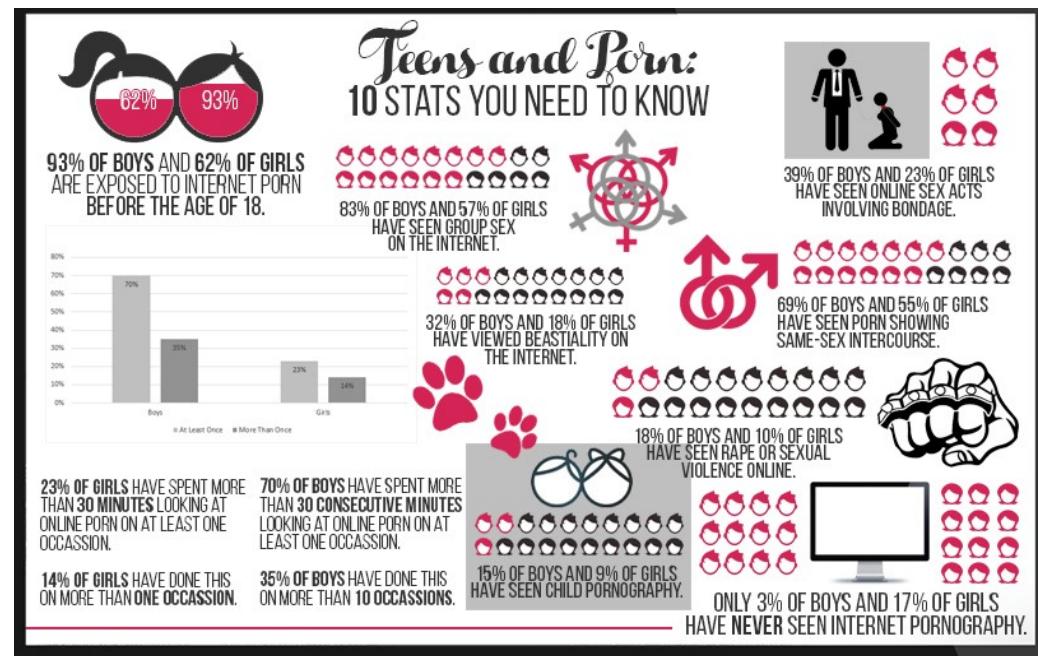
Does lust express itself differently between men and women?

How can we flee lust incited by Internet Pornography?

How can we protect our families from lust of internet pornography

What do you need to put off in your life to counter lust?

How can you promote sexual purity in your Life? Family? Church?



## 2. Flee Gluttony, Pursue Self Control

Gluttony is a temptation we don't talk a lot about. Specifically it's uncontrolled eating, drinking in the seeking of pleasure. The temptation to gluttony is a subset of greed. Seeking contentment in food and not God. A quick glance through the Bible links excessive feasting, gluttony, with excessive drinking, drunkenness. It's worth us reflecting on both these temptations. Self control says no to both.

How would you define gluttony ?

What is our culture's attitude towards gluttony and drunkenness ?

Why don't Christians talk about gluttony much ?

Why do Christians drink too much?

How are you tempted by gluttony and drunkenness?

**Jesus teaching and example:**

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, ‘If you are the Son of God, tell this stone to become bread.’ Jesus answered, ‘It is written: “Man shall not live on bread alone.”’ Luke 4:2-4

For John the Baptist came neither eating bread nor drinking wine, and you say, “He has a demon.” The Son of Man came eating and drinking, and you say, “Here is a glutton and a drunkard, a friend of tax collectors and sinners.” But wisdom is proved right by all her children.’ Lk 7:33-35.

Jesus continued: ‘There was a man who had two sons. The younger one said to his father, “Father, give me my share of the estate.” So he divided his property between them. Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need Luke 15:11-14

Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. But as I told you, you have seen me and still you do not believe. All those the Father gives me will come to me, and whoever comes to me I will never drive away. Jn 6:35-37.

### **Wisdom teaching and example:**

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

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

A discerning son heeds instruction, but a companion of gluttons disgraces his father. Pr 28:7.

### **Law and the prophets teaching**

Noah, a man of the soil, proceeded to plant a vineyard. When he drank some of its wine, he became drunk and lay uncovered inside his tent.

Ham, the father of Canaan, saw his father naked and told his two brothers outside. But Shem and Japheth took a garment and laid it across their shoulders; then they walked in backwards and covered their father’s naked body. Their faces were turned the other way so that they would not see their father naked. Ge 9:20-23.

If someone has a stubborn and rebellious son who does not obey his father and mother and will not listen to them when they discipline him, his father and mother shall take hold of him and bring him to the elders at the gate of his town. 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.’ Then all the men of his town are to stone him to death. You must purge the evil from among you. All Israel will hear of it and be afraid. Dt 21:18-21.

Woe to those who rise early in the morning to run after their drinks, who stay up late at night till they are inflamed with wine. They have harps and lyres at their banquets, pipes and tambourines and wine, but they have no regard for the deeds of the Lord, no respect for the work of his hands. Isaiah 5:11-12

### **New Testament letters**

One of Crete’s own prophets has said it: ‘Cretans are always liars, evil brutes, lazy gluttons.’ This saying is true. Therefore rebuke them sharply, so that they will be sound in the faith and will pay no attention to Jewish myths or to the merely human commands of those who reject the truth. To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. Tt 1:12-15.

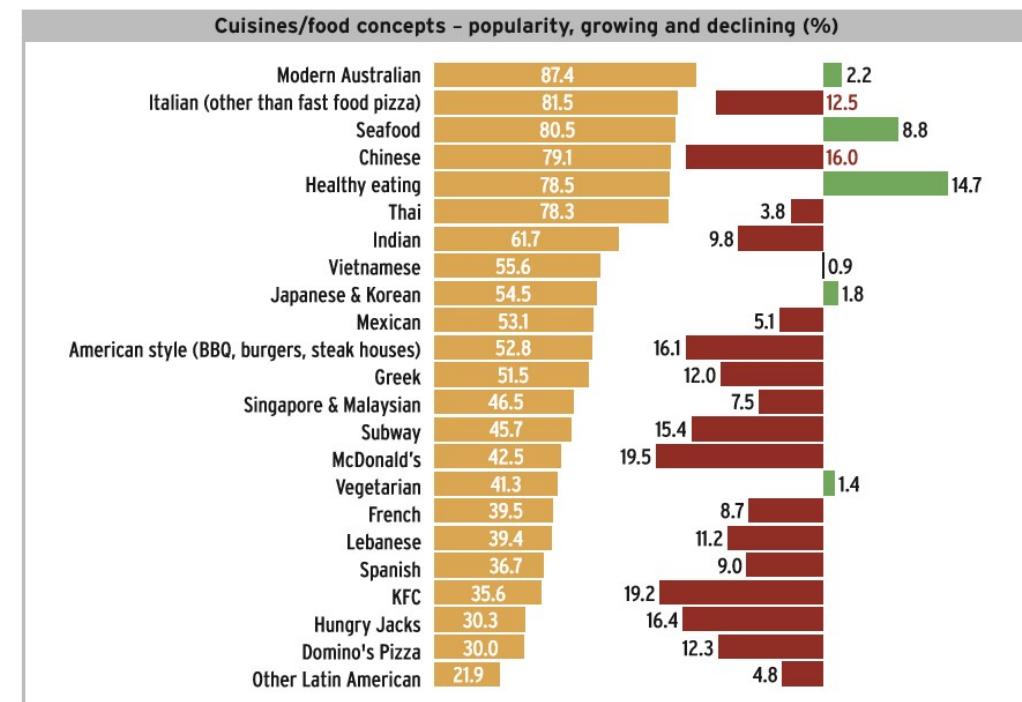
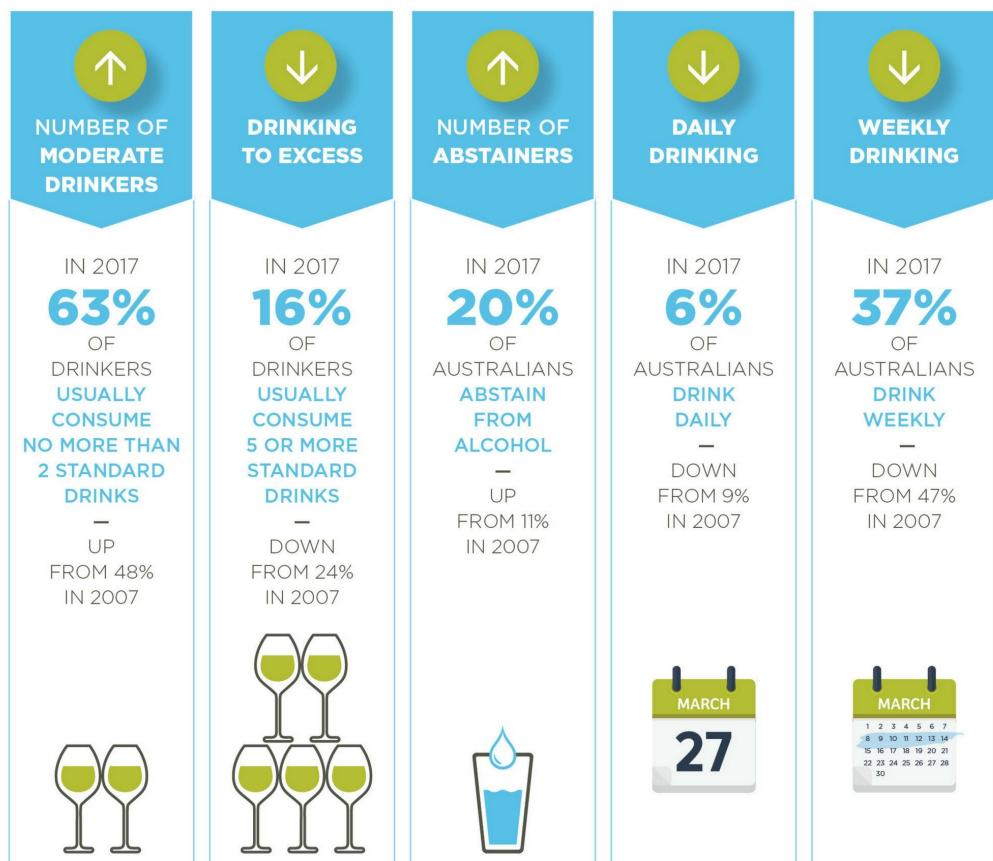
In the following directives I have no praise for you, for your meetings do more harm than good. In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. No doubt there have to be differences among you to show which of you have God’s approval. So then, when you come together, it is not the Lord’s Supper you eat, for when you are eating, some of you go ahead with your own private suppers. As a result, one person remains hungry and another gets drunk. Don’t you have homes to eat and drink in? Or do you despise the church of God by humiliating those who have nothing? What shall I say to you? Shall I praise you? Certainly not in this matter! 1 Co 11:17-22.

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not

be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit Eph 5:15–18.

Since an overseer manages God's household, he must be blameless—not overbearing, not quick-tempered, not given to drunkenness, not violent, not pursuing dishonest gain. Rather, he must be hospitable, one who loves what is good, who is self-controlled, upright, holy and disciplined. He must hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it. Tt 1:7–9.

### Australian Drinking habits in 2017



### Food for thought 2# Gluttony

"Gluttony and idleness are two of life's great joys, but they are not honourable." Julie Burchill

"Gluttony is not a secret vice." Orson Welles

"Gluttony is an emotional escape, a sign something is eating us." Peter De Vries

"You should always take what I say about religion with a grain of salt, because the 7 deadly sins are more like my seven daily activities. I try to check them all off at least once a day. All of them except gluttony; my trainer keeps that under control." Milo Yiannopoulos

### Australian fast food consumption in 2017

#### Reflection: Read the passages

Read through the passages, Why is the Bible down on Gluttony ?

What is deadly about gluttony and drunkenness? Why are they a sin?

What are the marks of those caught up in gluttony and drunkenness?

Why does our community struggle with both?

How does self control help us avoid gluttony and drunkenness?

Why don't Australian Christians talk about gluttony?

When are you tempted to gluttony or drunkenness?

What habits do you need to put off or repent of in this area?

How can you foster self control in this area?

How Does Jesus really satisfy our deeper needs?

### **3. Flee Greed, Pursue Generosity**

Greed is an old enemy, coveting is an old struggle. Greed is fuelled when our hearts seek contentment in things other than God. Generosity says no to greed.

How would you define greed ?

What is our community's attitude towards greed?

How are you tempted by greed?

How does greed show itself in your life ?

#### **Jesus teaching and example:**

Jesus went on: 'What comes out of a person is what defiles them. For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, adultery, **greed**, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.' Mk 7:20–23.

As Jesus started on his way, a man ran up to him and fell on his knees before him. 'Good teacher,' he asked, 'what must I do to inherit eternal life?' 'Why do you call me good?' Jesus answered. 'No one is good—except God alone. You know the commandments: "You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, you shall not defraud, honour your father and mother." 'Teacher,' he declared, 'all these I have kept since I was a boy.' Jesus looked at him

and loved him. 'One thing you lack,' he said. 'Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.' At this the man's face fell. He went away sad, because he had great wealth.

As Jesus looked up, he saw the rich putting their gifts into the temple treasury. He also saw a poor widow put in two very small copper coins. 'Truly I tell you,' he said, 'this poor widow has put in more than all the others. All these people gave their gifts out of their wealth; but she out of her poverty put in all she had to live on.' Lk 21:1–4.

'No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and Money. Mt 6:24.

But Zacchaeus stood up and said to the Lord, 'Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.' Jesus said to him, 'Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost.' Luke 19:8-9

'Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also. Mt 6:19–21.

#### **Wisdom teaching**

The greedy bring ruin to their households, but the one who hates bribes will live. Prov 15:27

Whoever increases wealth by taking interest or profit from the poor amasses it for another, who will be kind to the poor. Prov 28:8

Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless. As goods increase, so do those who consume them. And what benefit are they to the owners except to feast their eyes on them? Eccles 5:10-11

#### **Law and the prophets teaching.**

In his arrogance the wicked man hunts down the weak, who are caught in the schemes he devises. He boasts about the cravings of his heart; he blesses the greedy and reviles the LORD. Ps 10:2–3.

I was enraged by their sinful greed; I punished them, and hid my face in anger, yet they kept on in their wilful ways. Isaiah 57:17

'From the least to the greatest, all are greedy for gain; prophets and priests alike, all practise deceit. Jeremiah 6:13

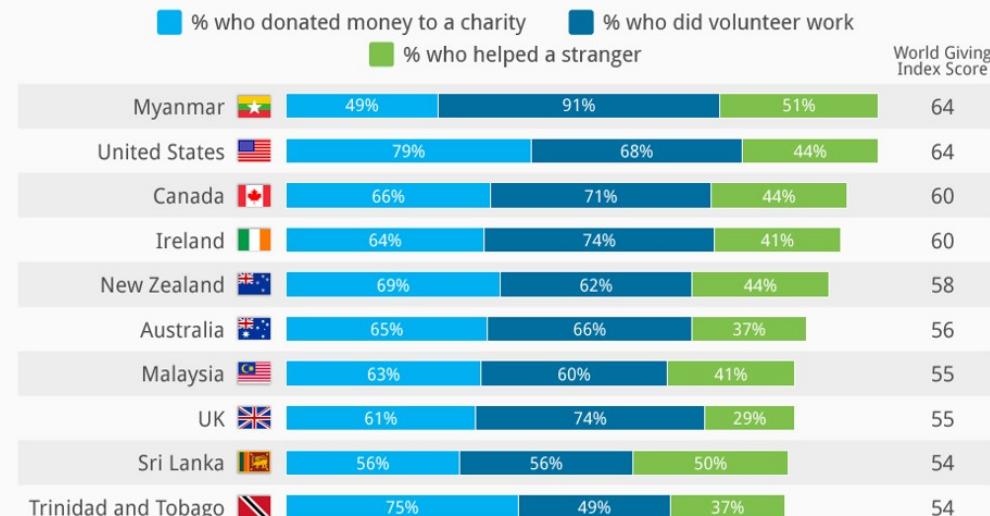
### New Testament letters

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. 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. 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. 1 Ti 6:6–10.

Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in

### The Most Charitable Nations in the World

% of the population who participated in giving behavior during month prior to interview\*



God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life. 1 Ti 6:17–19.

Remember this: whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. 2 Co 9:6–8.

### Food for thought #3 Greed

"Greed is a bottomless pit which exhausts the person in an endless effort to satisfy the need without ever reaching satisfaction." Erich Fromm

"Greed is not a financial issue. It's a heart issue." Andy Stanley

"He who is not contented with what he has, would not be contented with what he would like to have." Socrates

"We are in danger of destroying ourselves by our greed and stupidity. We cannot remain looking inwards at ourselves on a small and increasingly polluted and overcrowded planet." Stephen Hawking

### Reflection: Read the passages

What is deadly about Greed ? Why is it a sin?

What does the Bible teach us about greed?

How is greed a form of idolatry ?

How does greed seduce us ?

What are the signs you are gripped by greed?

How is the love of money the root of all evil ?

How does greed show itself in your life?

What do you need to put off and repent of with greed?

What does the Bible teach about generosity?

How can you foster generosity in your life?

What hinders your generosity?

Who should you be generous to?

#### **4. Flee Sloth, Pursue Diligence**

Sloth is an old word so this temptation might slip us by, we are talking about laziness and idleness. The diligent person says no to laziness and sloth.

How would you define sloth or laziness?

What is our culture's attitude towards sloth?

How does sloth tempt you ?

What does Sloth look like in you?

#### **Jesus teaching and example:**

'Again, it will be like a man going on a journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability. Then he went on his journey. The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master's money. 'After a long time the master of those servants returned and settled accounts with them. The man who had received five bags of gold brought the other five. "Master," he said, "you entrusted me with five bags of gold. See, I have gained five more." His master replied, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!" The man with two bags of gold also came. "Master," he said, "you entrusted me with two bags of gold: see, I have gained two more." His master replied, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!" Then the man who had received one bag of gold came. "Master," he said, "I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. So I was afraid and went out and hid your gold in the ground. See, here is what belongs to you." His master replied, "You wicked, lazy servant! So you knew

that I harvest where I have not sown and gather where I have not scattered seed? Well then, you should have put my money on deposit with the bankers, so that when I returned I would have received it back with interest. 'So take the bag of gold from him and give it to the one who has ten bags. For whoever has will be given more, and they will have an abundance. Whoever does not have, even what they have will be taken from them. And throw that worthless servant outside, into the darkness, where there will be weeping and gnashing of teeth.' Mat 25:14-28

#### **Wisdom teaching and example:**

Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest. How long will you lie there, you sluggard? When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a thief and scarcity like an armed man. Prov 6:6-11

Lazy hands make for poverty, but diligent hands bring wealth. He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son. Prov 10:4-5c

Through laziness, the rafters sag; because of idle hands, the house leaks. Ec 10:18.

#### **New Testament letters**

Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. Eph 4:28.

Even though we speak like this, dear friends, we are convinced of better things in your case—the things that have to do with salvation. God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them. We want each of you to show this same diligence to the very end, so that what you hope for may be fully realized. We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised. Heb 6:9-12.

As for younger widows, do not put them on such a list. For when their sen-

sual desires overcome their dedication to Christ, they want to marry. Thus they bring judgment on themselves, because they have broken their first pledge. Besides, they get into the habit of being idle and going about from house to house. And not only do they become idlers, but also busy-bodies who talk nonsense, saying things they ought not to. 1 Ti 5:11–13.

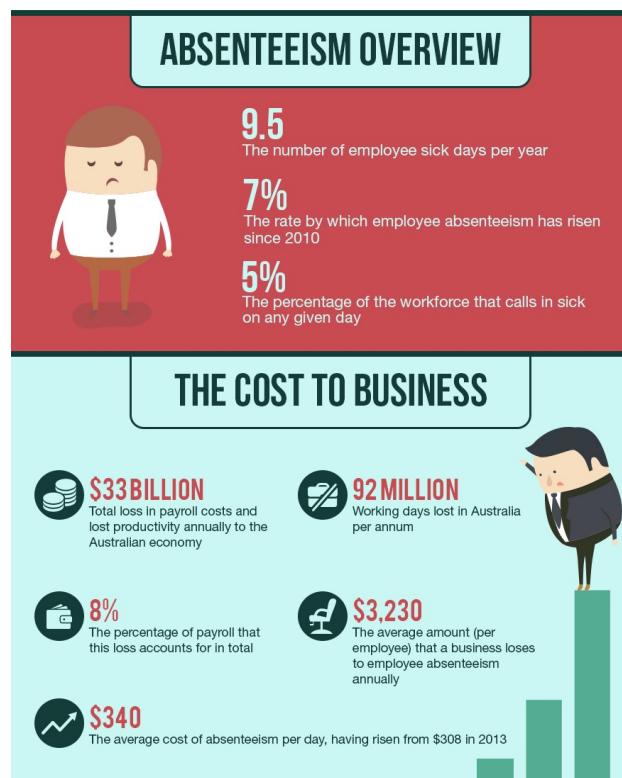
Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry their favour, but with sincerity of heart and reverence for the Lord. Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Anyone who does wrong will be repaid for their wrongs, and there is no favouritism. Masters, provide your slaves with what is right and fair, because you know that you also have a Master in heaven. Col 3:22-4:1

Yet we urge you, brothers and sisters, to do so more and more, and to make it your ambition to lead a quiet life: you should mind your own business and work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody. 1 Th 4:9–12.

## Food for thought #4 Sloth

"The Bible and several other self help or enlightenment books cite the Seven Deadly Sins. They are: pride, greed, lust, envy, wrath, sloth, and gluttony. That pretty much covers everything that we do, that is sinful... or fun for that matter." Dave Mustaine

"Avoid sloth, the mother of all vices!" Toussaint Louverture



"The kindest word to describe my performance in school was Sloth." Harrison Ford

"Sloth is the failure to do what needs to be done when it needs to be done - like the kamikaze pilot who flew seventeen missions." John Ortberg

Nothing irritates me more than chronic laziness in others. Mind you, it's only mental sloth I object to. Physical sloth can be heavenly. Elizabeth Hurley

### Reflection: Read the passages

Why is sloth deadly? Why is sloth a sin?

(Sloth covers laziness and idleness)

Why is the Bible down on sloth ? What does sloth look like ?

How does sloth tempt you at work? at home? At Church ?

How would you describe your work/life/church balance?

What's a biblical response to absenteeism ?

What is the antidote to sloth ?

What sloth habits do you need to repent of and put off?

How can you foster diligence in these areas of your life?

What does diligence look like in you ?

### 5. Flee Wrath, Pursue Peace

Wrath is an older word to describe strong anger. The word is used many times of God's justice, applied to humans it is a negative word to flee. Patience says no to anger and wrath.

How would you describe what wrath is ?

What is our community's attitude towards wrath/Anger ?

How are you tempted by wrath/anger ?

What makes you angry? Are you justified in your anger?

What does wrath look like in you ?

### **Jesus teaching and example:**

You have heard that it was said to the people long ago, ‘You shall not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with a brother or sister, will be subject to judgment. Again, anyone who says to a brother or sister, “Raca,” is answerable to the court. And anyone who says, “You fool!” will be in danger of the fire of hell. ‘Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. ‘Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. Truly I tell you, you will not get out until you have paid the last penny. Matt 5:21-26

When it was almost time for the Jewish Passover, Jesus went up to Jerusalem. In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money-changers and overturned their tables. 16 To those who sold doves he said, ‘Get these out of here! Stop turning my Father’s house into a market!’ His disciples remembered that it is written: ‘Zeal for your house will consume me.’ Jn 2:13–17.

Two other men, both criminals, were also led out with him to be executed. When they came to the place called the Skull, they crucified him there, along with the criminals—one on his right, the other on his left. Jesus said, ‘Father, forgive them, for they do not know what they are doing.’ And they divided up his clothes by casting lots. Lk 23:32–34.

### **Wisdom teaching and example:**

A Fool’s wrath is known at once, but the prudent overlook an insult. Prov 12:16

Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared. Pr 22:24–25.

An angry person stirs up conflict, and a hot-tempered person commits many sins. Pr 29:22

My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you. Jas 1:19–21.

What causes fights and quarrels among you? Don’t they come from your desires that battle within you? You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. You adulterous people, don’t you know that friendship with the world means enmity against God? James 4:1-4

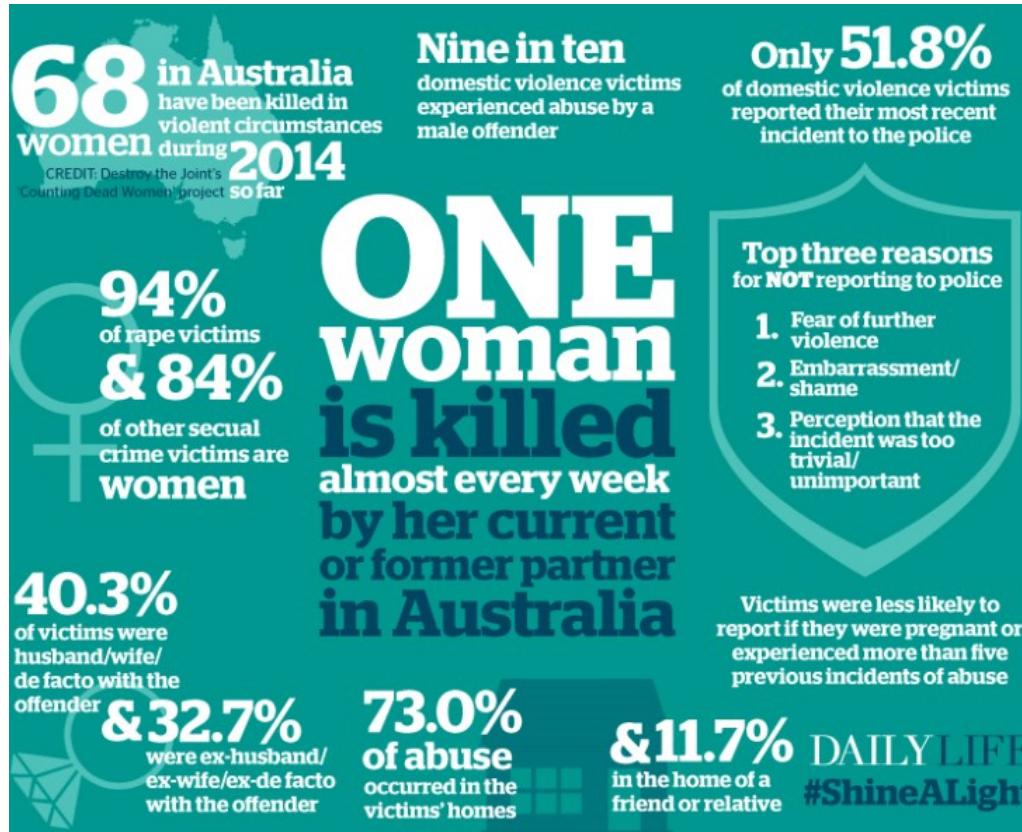
### **Law and the prophets teaching**

Now Abel kept flocks, and Cain worked the soil. In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. But Abel also brought an offering—fat portions from some of the firstborn of his flock. The Lord looked with favour on Abel and his offering, but on Cain and his offering he did not look with favour. So Cain was very angry, and his face was downcast. Then the Lord said to Cain, ‘Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it.’ Now Cain said to his brother Abel, ‘Let’s go out to the field.’ While they were in the field, Cain attacked his brother Abel and killed him. Then the Lord said to Cain, ‘Where is your brother Abel?’ ‘I don’t know,’ he replied. ‘Am I my brother’s keeper?’ Genesis 4:2-9

Be Angry and do not sin; when you are on your beds, search your hearts and be silent. Offer the sacrifices of the righteous and trust in the Lord. Psalm 4:4-5

### **New Testament letters**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to your neighbour, for we are all members



of one body. ‘In your anger do not sin’: do not let the sun go down while you are still angry, and do not give the devil a foothold. Ephesians 4:22-27

The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. Ga 5:19-21.

### Food for thought #5 Wrath

“There is little for the great part of the history of the world except the bitter tears of pity and the hot tears of wrath.” Woodrow Wilson

“You must have anger, as rightful wrath is what makes you create your own ethical standards.” Kamal Haasan

“I don't usually lose my temper, but if I get angry, it's true - I'm scary.” Eva Mendes

“Something my mum taught me years and years and years ago, is life's just too short to carry around a great bucket-load of anger and resentment and bitterness and hatreds and all that sort of stuff.” Kevin Rudd

“Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life.” Joan Lunden

### Reflection: Read the passages

What is deadly about wrath/anger? Why is anger a sin?

Wrath is a word used frequently in the Bible for God’s justice. How is God’s wrath different to human wrath?

What do we learn from Jesus about anger in Matthew 5?

What makes you angry at Work? Home? Church? Are you justified?

What is the right way to deal with anger ?

How does your anger show itself in you at work? Home? Church?

What do you need to put off and repent of in the way you deal with anger?

In recent months there has been a focus on domestic violence in Christian marriages in Australia, how can this kind of wrath be tamed? How should we respond to it ?

How can you foster patience in testing situations ?

What does this challenge you to pray for?

### 6. Flee Envy, Pursue Gratitude

Envy is when the grass is greener in the other person’s patch. Envy is discontentment and resentment with your own situation. Gratitude says no to envy.

How would you describe what envy is ?

What is our community’s attitude towards envy?

Why is envy green?

How are you tempted by Envy ?

### Jesus teaching and example:

Jesus went on: ‘What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, **envy**, slander, arrogance and folly. All these evils come from inside and defile a person.’ Mk 7:20–23.

### Wisdom teaching and example:

Do not let your heart envy sinners, but always be zealous for the fear of the Lord. Prov ?:17

There is surely a future hope for you, and your hope will not be cut off. Prov 23:17-18

A heart at peace gives life to the body, but envy rots the bones. Prov 14:30

Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. But if you harbour bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such ‘wisdom’ does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice. Jas 3:13–16.

### Law and the prophets teaching

‘You shall not covet your neighbour’s house. You shall not covet your neighbour’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbour.’ Ex 20:17.

For I envied the arrogant when I saw the prosperity of the wicked. They have no struggles; their bodies are healthy and strong. 73:3-4

### New Testament letters

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 1 Co 13:4–5.

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. Like newborn babies, crave pure spiritual milk, so

that by it you may grow up in your salvation, now that you have tasted that the Lord is good. 1 Pe 2:1–3.

### Food for Thought #6 Envy

“Beware, my lord, of jealousy; it is the green-eyed monster which doth mock the meat it feeds on.” Othello

“The spirit of envy can destroy; it can never build.” Margaret Thatcher

“Moral indignation in most cases is, 2% moral, 48% indignation, and 50% envy” Vittorio De Sica

“In snowboarding, I’ve always looked at really strong competitors through a lens of gratitude rather than envy in the sense that the better my competition is, the more it forces me to work hard, focus, and be better myself if I want to succeed, which I do.” Amy Purdy

“Of the seven deadly sins, only envy is no fun at all.” Joseph Epstein

“There is not a passion so strongly rooted in the human heart as envy.” Richard Brinsley Sheridan

“Negative emotions like loneliness, envy, and guilt have an important role to play in a happy life;

# HAPPINESS IN AUSTRALIA

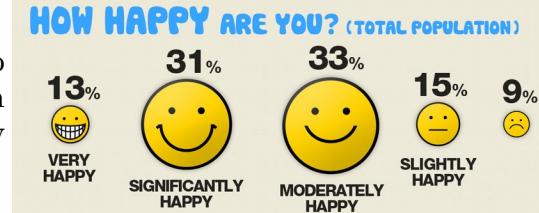
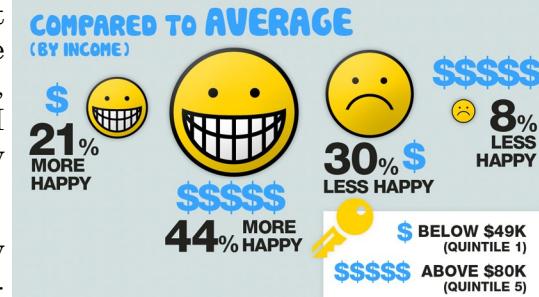
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## TODAY COMPARED WITH 5 YEARS AGO



Q Overall, how happy do you think Australians are today compared to 5 years ago?



they're big, flashing signs that something needs to change." Gretchen Rubin

"Envy is the art of counting the other fellow's blessings instead of your own." Harold Coffin

### Reflection:

### Read the passages

Why is envy deadly? Why is envy a sin?

Where does envy show itself in your life ? What causes you to envy?

According to Jesus where does envy come from? How can we subdue an envious heart?

Why is envy destructive?

How do you experience envy?

How does the Bible describe envy?

What envy do you need to repent of and put off in your life?

How can you foster gratitude in your life?

How can you practise gratitude in everyday life?

How is the Cross the starting point of fostering gratitude?

How can you learn contentment in all situations ?

## 7. Flee Pride, Pursue Humility

Pride is a high opinion of one's own importance, merit, or superiority at the expense of someone else. Not all pride is negative. Humility says no to negative pride.

How would you describe what pride is ?

What is our community's attitude towards pride?

Why don't Australian's like tall poppies?

When are you tempted by pride in a negative way?

How does pride show itself in your life ?

### Jesus teaching and example:

To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: 'Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: "God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get." 'But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, "God, have mercy on me, a sinner." 'I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.' Luke 18:9-14

'Woe to you, teachers of the law and Pharisees, you hypocrites! You give a tenth of your spices—mint, dill and cumin. But you have neglected the more important matters of the law—justice, mercy and faithfulness. You should have practised the latter, without neglecting the former. 24 You blind guides! You strain out a gnat but swallow a camel. Mt 23:23–24.

Jesus called them together and said, 'You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.' Mk 10:42–45.

### Wisdom teaching and example:

Pride goes before destruction, a haughty spirit before a fall. Better to be lowly in spirit along with the oppressed than to share plunder with the proud. Whoever gives heed to instruction prospers, and blessed is the one who trusts in the LORD. Prov 16:18-20

He guides the humble in what is right and teaches them his way. All the ways of the LORD are loving and faithful toward those who keep the demands of his covenant. Prov 16:9-10

Pride brings a person low, but the lowly in spirit gain honour. Pr 29:23

The LORD detests all the proud of heart. Be sure of this: they will not go unpunished. Pr 16:5.

Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? But he gives us more grace. That is why Scripture says: ‘God opposes the proud but shows favour to the humble.’ James 4: 4-6

Unleash the fury of your wrath, look at all who are proud and bring them low, look at all who are proud and humble them, crush the wicked where they stand. Job 40:11–12.

### Law and the prophets teaching

Then they said, ‘Come, let us build ourselves a city, with a tower that reaches to the heavens, so that we may make a name for ourselves; otherwise we will be scattered over the face of the whole earth.’ But the Lord came down to see the city and the tower the people were building. The Lord said, ‘If as one people speaking the same language they have begun to do this, then nothing they plan to do will be impossible for them. Come, let us go down and confuse their language so they will not understand each other.’ Genesis 11:4-7

### New Testament letters

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. Php 2:3–11.

### Food for Thought #7 Pride

“It was pride that changed angels into devils; it is humility that makes men as angels.” Augustine of Hippo

“Vanity and pride are different things, though the words are often used synonymously. A person may be proud without being vain. Pride relates more to our opinion of ourselves; vanity, to what we would have others think of us.” Jane Austen

“A man's pride can be his downfall, and he needs to learn when to turn to others for support and guidance.” Bear Grylls

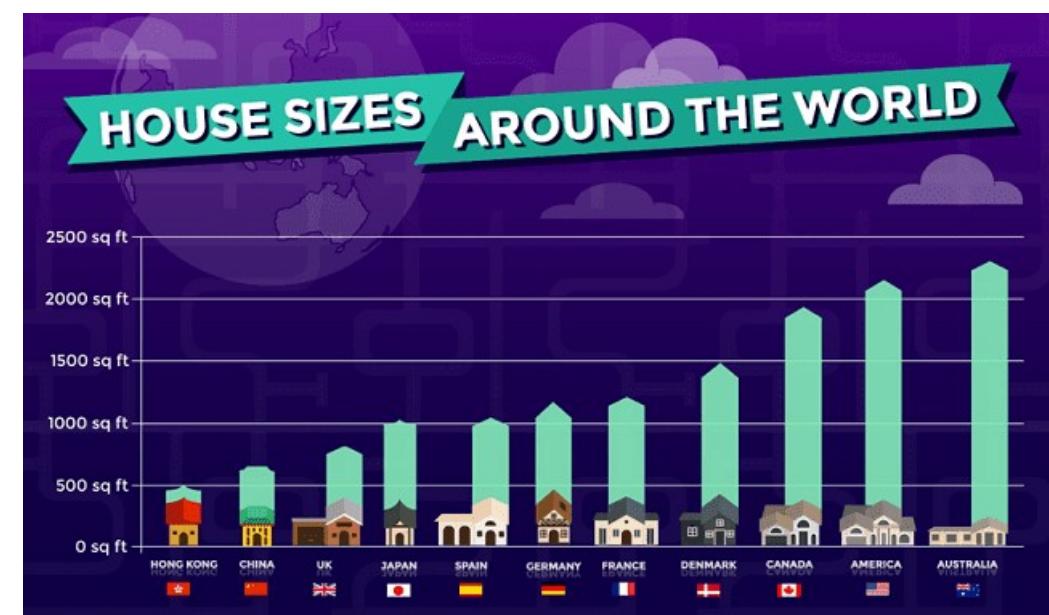
“Through pride we are ever deceiving ourselves. But deep down below the surface of the average conscience a still, small voice says to us, something is out of tune.” Carl Jung

“I think that the Bible teaches that homosexual practise is a sin, but the Bible also teaches that pride is a sin, jealousy is a sin, and hate is a sin, evil thoughts are a sin. So I don't think that homosexuality should be chosen as the overwhelming sin that we are doing today.” Billy Graham

### Reflection: Read the passages

Why is pride deadly? Why is it a sin?

Why is pride such a wrestle ? Why are the proud enemies of God?



How does Jesus model humility to us? Phil 2

Where are you tempted by pride at work? Home? Church?

What pride do you need to repent of and put off in your life ?

What does humility look like in your life?

How do you foster humility in your life ?

What do we learn about humility from Jesus teaching and life?

## 8. Flee Gossip, Pursue Encouragement

We use our tongues for great good and great evil. Gossip is the exploitation of someone else personal information for your own gain. Encouragement says no to Gossip

How would you define gossip ?

What is our Culture's attitude towards Gossip?

When are you tempted to Gossip ?

What is harmful about Gossip ?

### Jesus teaching and example:

For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.' Mt 15:19–20.

### Wisdom teaching and example:

Whoever derides their neighbour has no sense, but the one who has understanding holds their tongue. A gossip betrays a confidence, but a trustworthy person keeps a secret. Proverbs 11:12-13

A gossip betrays a confidence; so avoid anyone who talks too much. Prov 20:19

Without wood a fire goes out; without gossip a quarrel dies down. As charcoal to embers and as wood to fire, so is a quarrelsome person for kindling strife. The words of a gossip are like choice morsels; they go down to the inmost parts. Like a coating of silver dross on earthenware are fervent lips with an evil heart. Enemies disguise themselves with their lips, but in

their hearts they harbour deceit. Though their speech is charming, do not believe them, for seven abominations fill their hearts. Prov 26:20-25

### Law and the prophets teaching

‘ “Do not go about spreading slander among your people. ‘ “Do not do anything that endangers your neighbour’s life. I am the LORD. Le 19:16.

LORD, who may dwell in your sacred tent? Who may live on your holy mountain? The one whose way of life is blameless, who does what is righteous, who speaks the truth from their heart; whose tongue utters no slander, who does no wrong to a neighbour, and casts no slur on others; Ps 15:1–3.

### New Testament letters

28 Furthermore, just as they did not think it worth while to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done. 29 They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. **They are gossips**, 30 slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; 31 they have no understanding, no fidelity, no love, no mercy. 32 Although they know God’s righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practise them. Ro 1:28–32.

For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be discord, jealousy, fits of rage, selfish ambition, **slander, gossip**, arrogance and disorder. 21 I am afraid that when I come again my God will humble me before you, and I will be grieved over many who have sinned earlier and have not repented of the impurity, sexual sin and debauchery in which they have indulged. 2 Co 12:20–21.

Pray that I may proclaim it clearly, as I should. Be wise in the way you act towards outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone. Col 4:4–6.

When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. Likewise, the tongue is a

small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring? My brothers and sisters, can a fig-tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Eph 4:29–32.

## Reflection: Read the passages

Why is gossip deadly ? Why is gossip a sin?

Why is the Bible down on Gossip ?

When are you tempted to Gossip?

Why is gossip so tempting?

How does gossip belittle the person concerned?

Read James 3, What do you learn about your tongue ?

When are you tempted to gossip at work? Home? Church?

What gossip do you need to repent of and put off?

How can you foster purity of speech?

How does speech that builds up look like in practise?

## Food for thought #8 Gossip

“It is just as cowardly to judge an absent person as it is wicked to strike a defenceless one. Only the ignorant and narrow-minded gossip, for they speak of persons instead of things.” Lawrence G. Lovasik

“When it comes to gossip, I have to readily admit men are as guilty as women.” Marilyn Monroe

“People gossip. People are insecure, so they talk about other people so that they won't be talked about. They point out flaws in other people to make them feel good about themselves. I think at any age or any social class, that's present.” Blake Lively

“I know nothing more annoying when people I don't know jump to conclusions on my person based on nothing but gossip or speculation. “ Niko-laj Coster-Waldau





## The Deadly Diagnosis

<b>Lust</b>	1 2 3 4 5 6 7 8 9 10
<b>Gluttony</b>	1 2 3 4 5 6 7 8 9 10
<b>Greed</b>	1 2 3 4 5 6 7 8 9 10
<b>Anger</b>	1 2 3 4 5 6 7 8 9 10
<b>Laziness</b>	1 2 3 4 5 6 7 8 9 10
<b>Envy</b>	1 2 3 4 5 6 7 8 9 10
<b>Pride</b>	1 2 3 4 5 6 7 8 9 10
<b>Gossip</b>	1 2 3 4 5 6 7 8 9 10
<b><u>Sexual Purity</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Self Control</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Generosity</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Patience</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Diligence</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Gratitude</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Humility</u></b>	1 2 3 4 5 6 7 8 9 10
<b><u>Encourage</u></b>	1 2 3 4 5 6 7 8 9 10

# 7 Sins

## in the Digital World

