

# **Seven deadly sins**

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Study Notes

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# **Seven deadly sins**

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# Seven deadly sins

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## 1. Pride

### 1. What it is

- It is something that comes from deep within us. Mark 7:22.
- It is something that we imagine ourselves to be. Luke 1:51.
- It is looking at ourselves, admiringly. Daniel 5:20.

### 2. The forms it takes

- Pride in appearance. Mark 12:38, 1 Peter 3:1-4.
- Pride in status. Mark 12:39. (Haman: Esther 3:5).
- Pride in power. Leviticus 26:19, Ezekiel 30:6. (Pharaoh: Nehemiah 9:10).
- Pride in accomplishments. 2 Chronicles 26:15-16. (Nebuchadnezzar: Daniel 4:30).
- Pride in possessions. Luke 12:13-21. (Hezekiah: 2 Kings 20:13).
- Pride in knowledge. 1 Corinthians 8:1.
- Pride in morality. Luke 18:9-14.
- Pride in abilities. 1 Peter 4:10-11. (Herod Agrippa: Acts 12:20-23).
- Pride in others. 1 Corinthians 3:21.
- Pride in blessing. 2 Corinthians 12:7.

### 3. The effects it has

- It affects the whole spirit of the person concerned. Ecclesiastes 7:8.
- this spirit shows itself, for example, in looking down on others (Psalm 123:4. Luke 18:9). talking boastfully (James 4:16), arrogance (Proverbs 8:13), proud looks (Proverbs 6:17), exaggeration (2 Peter 2:18), failure to rejoice in the success of others (1 Corinthians 13:4), snobbery (Romans 12:16).
- pride brings in its wake scoffing (Proverbs 21-24), self-importance (1 Timothy 3:6), contention (Proverbs 13:10, 28:25), injustice (Psalm 10-, 2). a sense of independence from God (Psalm 10:4), rejection of God's Word (Jeremiah 43:2).
- it pollutes us (Mark 7:20-23), moves God to resist us (James 4:6) and ruins us (Proverbs 16:18, 18:12, 26:12).

#### **4. God's view of pride**

- It is sin. Proverbs21:4.
- It is devilish. 1 Timothy3:6.
- God hates it. Amos 6:8.
- He resists it. 1 Peter5:5.
- One day He will put an end to it. Psalm 18:27, Isaiah 2:12, 17, 23:9. Malachi 4:1.

#### **5. What to do about pride**

- confess it, and be cleansed from it. 1 John 1:9, 1 Timothy 1:15.
  - abandon all self-admiration by seeing that it is only in the Lord that there is anything to be valued and admired. 1 Corinthians 1:31, Phil.3:4-11, Galatians 6:14.
  - praise Him, 1 Chronicles 29:10-20, Psalm 32:11.
  - actively follow the example of the Lord Jesus Christ. Phil.2:1-11.
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## 2. Anger

### 1. What it is

- **Wrath** is reacting to something by "boiling up" with displeasure. **Anger**, strictly speaking, is the continuing attitude which follows. We are talking about both.
- so anger is something inward (Ecclesiastes7:9).

### 2. It is not always wrong

- "The only way to be angry and sin not, is to be angry only at sin."
- for example: Moses (Exodus 32:19, 22), Nehemiah (Nehemiah.5:6), Paul (Acts 17:16) - and our Lord Jesus Christ: (John.2:13-17, Mark.3:5).
- God's anger is slow (Psalm 103:8, Jonah 4:2) and righteous (Revelation16:6-7).

### 3. But, in us, it is nearly always wrong

- most of our anger is **a display of hurt pride**.  
For example: Cain (Genesis 4:3-5), Esau (Genesis27:41, 45), Eliab (1 Samuel 17:26-29), Ahab (1 Kings 21:1-4), Naaman (2 Kings 5:11-12), Uzziah (2 Chronicles 26:16-19), people of Nazareth (Luke4:28).
- such selfish anger has **awful effects**.  
It tears us apart (Amos 1:11), shows on our face (Genesis4:5, Acts 7:54), spoils prayer (1 Timothy 2:8), ruins Christian fellowship (2 Corinthians12:20), and gives a foothold to the devil, which he will certainly exploit.
- so selfish anger quickly **leads to other sins**.  
For example: quarrelling (Proverbs15:18, 21:19, 29:22, 30:33), harsh words (Ephesians 4:31), cruelty, (Genesis 49:7. 2 Chronicles 16:10, Proverbs27:4), foolishness (Proverbs 14:17, Daniel 2:12), murder (Genesis 4:8, 49:6, Matthew 2:16) - for anger is the spirit of murder (Matthew 5:21-22, 1 John.3:15).

#### **4. What to do about sinful anger**

- Realise how wrong it is.  
Our anger shows ourselves as we really are (Luke 6:45), is a "work of the flesh" opposed to God's Spirit (Galatians 5:19-21), utterly displeasing to God (James 1:19-20), and certain to be judged by Him (Matthew 5:21-22).
  - Confess it, and be cleansed from it. (1 John 1:9, 1 Timothy 1:15).
  - Finish with it (Ephesians 4:31, Psalm 37:8). You can, for being angry is something you choose to do.
  - Choose to be angry righteously and slowly (Proverbs 16:32, 19:11, Titus 1:7, James 1:19-20, Ephesians 4:26-27).
  - Study the science of defusing anger (Proverbs 15:1, 18, and 29:8, 11).
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## **3. Envy**

### **1. What it is**

- envy is ill-will caused by looking at what somebody else **has** or **is**. (Genesis 26:14, 37:3-4, Ecclesiastes 4:4, Matthew 27:18).
- it is particularly seen when others succeed (1 Samuel 18:6-9, Daniel 6:3-4, Acts 13:44-45, 17:4-5) or are commended (1 John 3:12, Genesis 4:3-8).
- envy comes from the depths of the human heart (Mark 7:20-23), which is proud (1 Timothy 6:4-5), bitter (James 3:14), malicious (Titus 3:3).

### **2. What it does**

- it caused mankind to lose fellowship with God (Genesis 3:1-6).
- it is cruel (Proverbs 27:4) and was behind the first murder (Genesis 4:4-5, 8).
- yes, it brings in its wake every imaginable evil (James 3:16), for example, conspiracy, mockery, murderous thoughts, violence, cruelty, betrayal, lies, and immeasurable hurt to others (Acts 7:9, Genesis 37:11-36).
- even believers sometimes know envy. It makes them ill (Proverbs 14:30), holds up their spiritual progress (1 Peter 2:1) and makes prayer impossible (Psalm 66:18).

### **3. What God thinks of envy**

- it is a characteristic of those living without God (1 Corinthians 3:3, Titus 3:3).
- it belongs to darkness, not light (Romans 13:12-14).
- it is evidence of an unconverted mind (Romans 1:28-29).
- it is a work of 'the flesh' (Galatians 5:19-21).
- it is the opposite of love (1 Corinthians 13:4) and those who envy are unlike God (1 John 4:8), but like Satan (1 John 3:12).

#### **4. What to do about envy**

- Confess it, and be cleansed from it. 1 John 1:9, 1 Timothy 1:15.
- Believe, and live by - Ephesians 1:11, Psalm 103:19, Proverbs 16:9  
Romans 8:28, Matthew 6:26....

.... until at last you can say:

"I have learned in whatever state I am, to be content:  
I know how to be abased, and I know how to abound.  
Everywhere and in all things I have learned both to be full  
and to be hungry, both to abound and to suffer need.  
I can do all things through Christ who strengthens me."  
(Philippians 4:11b-13).

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## **4. Lust**

### **1.What it is**

- Lust is desiring what God forbids.
- desires (physical, mental, spiritual, sexual) were given by God at creation and were wholly good (Genesis 1:31).
- such desires are necessary if, for example, the body is to be fed (Matthew 4:2) or the human race is to continue (Hebrews 13:4).
- but sin has spoiled everything.  
Desires can now be set on evil things (1 Corinthians 10:6),  
or legitimate desires can go out of control (1 Thessalonians 4:5).
- thus, for example, looking becomes covetousness (Joshua 7:21) and attraction becomes adultery (Matthew 5:27-28).

### **2.Its characteristics**

- all desires, good and bad, come from deep within us (Psalm 37:4, Romans 1:24).
- human nature is now corrupt through deceitful lusts (Ephesians 4:22).
- the passions of our mortal bodies demand satisfaction in sinful ways (Romans 6:12, 13:14, Galatians 5:16).
- lust shows itself in uncontrolled passion (1 Thessalonians 4:5), often leading to sexual immorality, and sometimes perversion (Proverbs 6:25, Romans 1:29, Jude 1:4).
- it is stimulated by what men and women see with their eyes (1 John 2:16, Joshua 7:21, 2 Samuel 11:2, 4).
- it can also be stimulated by harmful friendships and pleasure-seeking company (2 Timothy 2:22, 1 Peter 4:3).

### **3. Its consequences**

- lust never stands still. Evil desires become evil acts. (James 1:14-15)
- thus lust corrupts the world (2 Peter 1:4), breeds conflict (James 4:1-2), dishonours the body (1 Corinthians 6:18-20), and breaks marriages (1 Thessalonians 4:3-6).
- it chokes the influence of God's Word in a person's life (Mark 4:19), brings many to the point of scoffing at spiritual things (2 Peter 3:3), and causes God's wrath to fall now (Ephesians 2:3) and in the future (Colossians 3:5-6).

### **4. What to do about lust**

- Confess it, and be cleansed from it. (1 John 1:9, 1 Timothy 1:15).
  - understand that, as a believer, you are actually able to say "no" to evil desires and to live a self-disciplined life (Titus 2:11-14).
  - reflect upon the meaning of Christ's death (Titus 2:14, 2 Corinthians 5:15).
  - be careful about the company you keep (2 Timothy 2:22, Proverbs 13:20).
  - fill your mind with holy things (Galatians 5:16, Philippians 4:8-9).
  - and meditate on 2 Peter 1:1-4.
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## 5. Gluttony

### 1. What it is

- Gluttony is eating for eating's sake (Proverbs23:20, Luke 7:34).
- it is eating beyond what is enough (Proverbs 25:16).
- gluttons tend to eat too frequently. They do it, not for strength, but for the enjoyment of excess (Ecclesiastes10:16-17).
- the Bible often puts drunkards and gluttons in the same category (Proverbs23:19-21, Deuteronomy 21:20).

### 2. What it does

- Gluttony leads to lethargy and laziness (Proverbs 23:19-21, Ecclesiastes10:16-18).
- with his senses thus dulled, a person lacks spiritual alertness (Amos 6:3-7, Luke 21:34-36).
- it can lead to a host of other evils (Deuteronomy 21:20, Psalm 141:4, Proverbs28:7, and 30:7-9, Isaiah.22:12-13, Philippians 3:18-19).
- the Bible contains many examples of people who were spiritually ruined by an inordinate love of food: Esau (Genesis 25:29-34), Eli's sons (1 Samuel 2:12-17), the rich man (Luke 16:19-31) and those in Philippians 3:18-19.

### 3. Why it is sinful

- it wastes food, which is ungodly (Leviticus23:22, John 6:12-13).
- it forgets that more than food is required to give life (Deuteronomy 8:3).
- it forgets that we are to **glorify** God in everything (1 Corinthians 10:31).
- it regards pleasure as a main aim in life (Is.22:12-13, Luke 12:19).
- it makes you a slave of food, not of God (1 Corinthians 6:12-13).
- it makes a god out of food and the stomach (Phil.3:19).
- it is a manifestation of worldliness (1 John 2:15-17).
- it is self-centred (Luke 16:19-31).
  
- and so God will judge it (Numbers 11:31-34, Psalm 78:26-31, 2 Corinthians 5:10).

#### **4. What to do about gluttony**

- Confess it, and be cleansed from it (1 John 1:9, 1 Timothy 1:15).
  - make eating part of your Christian life and service (1 Corinthians 10:31).
  - pray for your daily bread (Matthew 6:11), work for it (2 Thess. 3:10), receive it with thanksgiving (1 Timothy 4:4-5), and enjoy it (1 Timothy 6:17), without being enslaved by it (1 Corinthians 6:12).
  - and remember to whom your body belongs (Romans 12:1-2, 1 Corinthians 6:15, 19-20), and that it is the sphere in which you do either good or evil (2 Corinthians 5:10), the instrument by which you may honour Christ (Phil. 1:20).
  - feed your spiritual life and control your eating (Galatians 5:16, 22-23).
  - why not secretly fast sometimes? (Matthew 6:16-18, 17:21).
  - discipline your intake of food and give to the poor (Isaiah 58:6-7, Proverbs 22:9, Matthew 25:42).
  - and make it your "food" to do the Father's will (John 4:31-34, 2 Corinthians 5:9).
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## **6. Avarice**

### **1. What it is**

- Avarice is loving gain more than God. It is seeking more goods harder than you seek more godliness.
- the word "avarice" is not used in the Bible. But it is a subject which God's Word constantly speaks about. For example: Matthew 6:19-21, 1 Timothy 3:3, 6:9-11a, Heb. 13:5.

### **2. How it shows itself**

- in seeing wealth as the way to happiness (Luke 12:13-21).
- in being dishonest, or unjust, if it will lead to gain (Jeremiah 8:10, Titus 1:11, Amos 2:6, James 5:4).
- in spoiling yourself. (James 5:5).
- in talking about your material plans without talking about God's will (James 4:13-17).
- in thinking you are superior because you have more (Proverbs 18:23, 28:11).
- in worrying about not having yet more than that (Ecclesiastes 5:10-12).

### **3. Why it is sinful**

- it breaks the first great commandment (Matthew 22:36-38).
- it is idolatry (Matthew 6:24, Col. 3:5).
- it breaks the second great commandment (Matthew 22:39).
- it makes you think more of yourself than others (2 Timothy 3:2).
- it is the first step to all kinds of sin (1 Timothy 6:10).
- it leads to deceitfulness (1 Thess. 2:5, 1 Peter 5:2, 2 Peter 2:3).
- it is blatant worldliness (1 John 2:15-17).

#### **4. Why it is stupid**

- you heap up what you are not certain to enjoy (Ecclesiastes 6:1-2, Luke 12:20).
- earthly riches are not permanent (Proverbs23:4-5, 27:24. Luke 16:19-31).
- riches give you false friends (Proverbs14:20, 19:4), and they can't buy you peace and love (Proverbs17:1, 15:16-17).
- avarice makes you forget what true riches are (Matthew 16:26, Luke 12:21).
- and it shuts you out of heaven (Matthew 19:23-24, Proverbs28:20).

#### **5. What to do about avarice**

- Confess it, and be cleansed from it (1 John 1:9, 1 Timothy 1:15).
  - take time to remember that all material possessions are going to be destroyed (2 Peter3:10-13).
  - take time to recall that avarice has led many people into apostasy (Mark 4:19, 1 Timothy 6:10).
  - so make your first priority the pursuit of spiritual enrichment (1 Timothy6:11-16), remembering Matthew 6:33.
  - this done, **enjoy** the possessions God gives you, and **share** them, doing good in a spiritually enriching way (1 Timothy 6:17-19, Matthew 6:1-4).
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## **7. Sloth**

### **1. What it is**

- Sloth is the opposite of hard work and self-discipline. It is not doing what you should do, because of the effort involved. It "can't be bothered." It says "that'll do."

### **2. Its characteristics**

- the refusal to put yourself out. (Proverbs 21:25, 12:27, 26:15).
- lying-in. (Proverbs 6:9-11, 19:15, 24:30-34, 26:14).
- seeing difficulties everywhere. (Proverbs 15:19, 26:13).
- thinking that "difficult" equals "impossible". (Proverbs 20:4).
- not getting going. (Proverbs 6:6, 9).
- living in a world of wishing, (Proverbs 13:4, 21:25-26),
- and being unaware of itself. (Proverbs 26:16).

### **3. Its consequences**

- being pushed around. (Proverbs 12:24).
- being dependent on others. (Proverbs 20:4).
- becoming a busybody and gossip. (2 Thessalonians 3:11, 1 Timothy 5:13).
- lack of achievement. (Proverbs 13:4, 24:30-34).
- going from bad to worse. (Proverbs 24:30-34, 19:15).
- uselessness. (Proverbs 18:9, Ecclesiastes 10:18).

### **4. Its sinfulness**

- it wastes time. (1 Corinthians 7:29, Ephesians 5:15-17, Psalm 118:24).
- it wastes your life. (Philippians 1:22a, Colossians 3:17, 23).
- it is unChristlike. (Acts 10:38, John 4:34).
- it is unkind. (Matthew 25:41-43).
- it is unspiritual. (2 Peter 1:5-11).

## **5. What to do about sloth**

- Confess it, and be cleansed from it. (1 John 1:9, 1 Timothy 1:15).
  - take time to consider Ephesians 2:8-10.
  - take concrete steps to beat sloth. ((Romans 12:11, 6-8, Ecclesiastes 9:10).
  - remember how short life is. (Psalm 90:12).
  
  - do not have any slothful friends. (2 Thessalonians 3:14-15).
  - change your views about sleep - it is God's gift. His reward for working hard (Psalm 127:2b, Ecclesiastes 5:12). But enough is enough (Proverbs 20:13).
  - drop the word "leisure", but take times of "re-creation". (Mark 6:31).
  
  - and remember that diligence is precious in itself (Proverbs 12:27), and always carries a reward (Proverbs 12:11, 13:4, 14:23).
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