

FOR SELF-EXAMINATION
Seven Deadly Sins

I. Seven Deadly Sins: Sins of Passion

- + Anger—Wrath, destructive attitude that is “spiritual suicide bombing”
- + Lust—Consuming desire without regard for personal, spiritual well-being

II. Anger

A. Scripture:

Proverbs 16:32—“He who is slow to anger is better than the mighty, and he who rules his spirit than he who makes a city.”

Ecclesiastes 7:9—“Be not quick to anger, for anger lodges in the bosom of fools.”

Ephesians 4:26—“Be angry but do not sin; do not let the sun go down on your anger.”

4:32--“Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice.”

Colossians 3:8—“But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth.”

Matthew 5:21-22—“You have heard that it was said to the men of old, ‘You shall not kill; and whoever kills shall be liable to judgment.’ But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, ‘You fool!’ shall be liable to the hell of fire.”

B. Application:

1. **Resentment:** dissatisfaction (with self or others), blame, complaint, grumbling, annoyance, cynicism, pessimism
2. **Pugnacity** (disallowed for clergy, 1 Timothy 3 and Titus 1): verbal or physical attack (including gossip), “murder in deed or desire,” contrariness, rudeness (nagging or snubbing)
3. **Retaliation:** vengefulness (Romans 12:19—“Beloved never avenge yourselves”), hostility or sullen behavior, refusal to forgive, obstinacy when things don’t go our way, stubbornness

III. Lust

A. Scripture:

Deuteronomy 12: 15, 20, 21—“as much as you desire” (about meat)

Psalms 106:14—“A craving (lust) seized them in the wilderness, and they put God to the test in the desert.”

Romans 6:12—“Let not sin therefore reign in your mortal bodies, to make you obey their passions (lusts).”

Galatians 5:24—“And those who belong to Christ Jesus have crucified the flesh with its passions and desires (lusts).”

Ephesians 4:22—“Put off your old nature which belongs to your former manner of life and is corrupt through deceitful lusts.”

James 1:14-15—“Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin; and sin when it is full grown brings forth death.”

1 Peter 2:11—“Abstain from the passions of the flesh that wage war against your soul.”

1 John 2:16-17—“For all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life, is not of the Father but is of the world. And the world passes away, and the lust of it; but he who does the will of God abides for ever.”

Matthew 5:27—“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that every one who looks at a woman lustfully has already committed adultery with her in his heart.”

IV. Application:

1. **Unchastity:** violation of the teaching of the Church on sexual morality, being inconsiderate of spouse, refusal of marital affection, indulgence outside of marriage (thought, act, alone, or with other)
2. **Immodesty:** seductive behavior, pornography, inappropriate conversation
3. **Prudery:** sexual repression, condemnation of sexuality, denial
4. **Cruelty:** to self, others (mental or physical), animals
5. **Self-gratification:** indulging or nurturing desire, taking excessive pleasure in activities or objects to the neglect of relationships

I. Seven Deadly Sins: Sins of want

- + Envy—dissatisfaction in God’s ordering of reality

+ Avarice—greed, possessiveness (covetousness)

II. Envy

A. Scripture:

Psalm 106:16—“They envied Moses in the camp, and Aaron, the holy one of the LORD.”

Proverbs 14:30—“A tranquil mind gives life to the flesh, but passion (envy) makes the bones rot.”

Ezekiel 35:11—“As I live, says the Lord GOD, I will deal with you according to the anger and envy which you showed because of your hatred against them...”

1 Corinthians—“Love is patient and kind; love is not jealous (envious) or boastful.”

Galatians 5:26—“Let us have no self-conceit, no provoking of one another, no envy of one another.”

James 3:16—“For where jealousy and selfish ambition exist, there will be disorder and every vile practice.”

B. Application:

Jealousy: Taking offense at others’ talents, accomplishments, well-being. Excessive competitiveness. Pleasure at others’ expense.

Malice: Gossip, slander, ill-will. Inciting or participating in antagonism. Unhelpful criticism. Teasing or verbally abusing.

Contempt: Lack of appreciation for others. Scorn. Prejudice. Failure to “respect the dignity” of others. Ridicule

II. Avarice

A. Scripture:

Exodus 20:17—“You shall not covet...” (Deuteronomy 5:21)

Proverbs 15:27—“He who is greedy for unjust gain makes trouble for his household, but he who hates bribes will live.”

Isaiah 15:17—“Because of the iniquity of his covetousness I was angry, I smote him, I hid my face and was angry; but he went on backsliding in the way of his own heart.”

Habakkuk 2:9—“Woe to him who gets evil gain for his house.” (coveteth an evil covetousness).

Luke 12:15—Jesus said, “Take heed, and beware of all covetousness; for a man’s life does not consist in the abundance of his possessions.”

Ephesians 5:5—“Be sure of this, that no fornicator or impure man, or one who is covetous (that is, an idolater), has any inheritance in the kingdom of Christ and of God.”

Hebrews 13:5—“Keep you life free from love of money (let your conversation be without covetousness), and be content with what you have.”

2 Peter 2:14—“They have their hearts trained in greed. Accursed children!”

II. Application:

Selfish ambition: Pursuit of reputation, status, recognition, possessions without regard for others or in disregard of morality or personal obligation. Ruthless competitiveness (win-lose thinking). Lowering standards to gain approval or advancement.

Domineering: Possessiveness of others. Manipulation. Abuse of authority or responsibility. Flattery, favoritism, not standing up for right in the face of opposition. Tempting or influencing others to sin. Giving unwanted advice or imposing one’s own will on others.

Greed: Inordinate pursuit of wealth, material things. Theft or misuse of others’ property. Cheating to get ahead. Putting worldly success above righteousness. Undue concern for personal security (over-protectiveness of possessions), “Sponging” on others. Stinginess.

Prodigality: Waste of resources. Extravagance. Indebtedness. Excessive gambling. Expenditure on self to the neglect of care for others. Poor stewardship.

I. Seven Deadly Sins: Sins of Excess

+ Gluttony—overindulgence

+ Sloth—laziness and indifference

II. Gluttony

A. Scripture:

Deuteronomy 21:18-21—“If a man has a stubborn and rebellious son... They shall say... ‘he is a glutton and a drunkard.’ ... Then all the men of the city shall stone him...”

Proverbs 23:20-21a—“Be not among winebibbers, or among gluttonous eaters of meat; for the drunkard and the glutton will come to poverty.”

Amos 6:4-7—“Woe to those who... eat lambs from the flock, and calves from the midst of the stall... who drink wine in bowls... but are not grieved over the ruin of Joseph! Therefore they shall now be the first of those to go into exile...”

1 Corinthians 11:20-21—“When you meet together, it is not the Lord’s supper that you eat. For in eating, each one goes ahead with his own meal, and one is hungry and another is drunk.”

Ephesians 5:18—“And do not get drunk with wine, for that is debauchery; but be filled with the Spirit.”

Luke 12:16-21—“The land of a rich man brought forth plentifully... ‘Soul, you have ample goods laid up for many years; take your ease, eat, drink, be merry.’ ...But God said to him, ‘Fool! This night your soul is required of you.’”

Luke 15—“The Prodigal Son”

B. Application:

Intemperance: Overindulgence in food, drink, smoking, other pleasures. Fastidiousness or fussiness. Condemnation of things or activities as evil in themselves, prohibiting use instead of abuse.

Indiscipline: Negligence of fasting or self-restraint. Neglect of health (rest, diet, exercise, nourishment, recreation). Avoidance of necessary aid (medical, spiritual). Using sickness or fatigue to escape responsibilities.

Over-activity: Excess in work, exercise, socializing. Compulsiveness.

III. Sloth

A. Scripture:

Proverbs 18:9—“He who is slack (slothful) in his work is a brother to him who destroys.”

Proverbs 23: 21b—“...and drowsiness will clothe a man with rags.”

Proverbs 24:30-34—“I passed by the field of a sluggard... it was all overgrown... Then I saw and considered it; ... A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber.”

Romans 12:11—“Never flag in zeal (not slothful in business), be aglow with the Spirit, serve the Lord.”

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

Matthew 25:26ff.—“But his master answered him, ‘You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed? Then you ought to have invested my money...’”

II. Application:

Laziness: Failure to keep obligations (spiritual, mental, physical). Neglect of family, business, neighbor, fellowship. Procrastination! Lack of effort or keeping busy to avoid other needs. Shoddy work. Excess in rest, recreation, amusement, entertainment. Being distracted from pressing concerns by more satisfying activity.

Indifference: Lack of concern over injustice, unmindfulness of suffering in the world. Being uninformed about issues and principles (political, social, religious). Failure to provide appropriately and treat justly those in our employ or under our supervision. Ignoring or avoiding the needy, lonely, or disenfranchised. Failure to bear witness to the Gospel. Lack of involvement in life of the Church and pursuit of holiness.

I. Seven Deadly Sins: The Root of Sin

+ Pride—Putting self in place of God.

II. Pride

A. Scripture:

Exodus 20:3 (Deuteronomy 5:7)—“Thou shalt have none other gods but me.”

Psalms 10:4—“The wicked are so proud that they care not for God; their only thought is, “God does not matter.”

Psalm 73: 3ff.—“I envied the proud... they wear their pride like a necklace... So then, these are the wicked... You [God] cast them down in ruin.”

Proverbs 11:2—“When pride comes, then comes disgrace; but with the humble is wisdom.”

Proverbs 16:19—“Pride goes before destruction, and a haughty spirit before a fall.”

Proverbs 21:24—“ ‘Scoffer’ is the name of the proud, haughty man who acts with arrogant pride.”

Isaiah 28:1-3—“Woe to the proud crown of the drunkards of Ephraim, and to the fading flower of its glorious beauty... The proud crown... will be trodden under foot.”

Jeremiah 13:9ff. —“Thus says the LORD: Even so will I spoil the pride of Judah and the great pride of Jerusalem. This evil people, who refuse to hear my words, who stubbornly follow their own heart and have gone after other gods to serve them and worship them.”

Ezekiel 16:49-50—“Behold, this was the guilt of your sister Sodom: she and her daughters had pride, surfeit of food, and prosperous ease, but did not aid the poor and needy. They were haughty, and did abominable things before me; therefore I removed them, when I saw it.”

Ecclesiasticus 10:12-13—“The beginning of man’s pride is to depart from the Lord; his heart has forsaken his Maker. For the beginning of pride is sin, and the man who clings to it pours out abominations.”

1 Corinthians 4:6—“... learn by us not to go beyond what is written, that none of you may be puffed up in favor of one against another.”

1 Corinthians 13:4-5—“Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way.”

2 Timothy 3:2—“For men will be lovers of self, lovers of money, proud, arrogant, abusive...”

James 4:6—“God opposes the proud, but gives grace to the humble.”

1 Peter 5:5-6—“ ‘God opposes the proud, but gives grace to the humble.’ Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you.”

Matthew 23:11-12—“The who is greatest among you shall be your servant; whoever exalts himself will be humbled, and whoever humbles himself will be exalted.”

Luke 1:51—“He hath scattered the proud in the imagination of their hearts.”

B. Application:

Irreverence: Neglect of worship. Perfunctory participation. Disregard for Holy Days and Seasons. Lack of regular thanksgiving and acts of devotion. Contempt or over-familiarity with holy things. Religious practice for personal gain.

Sentimentality: Satisfaction with religious feelings rather than the Will of God.

Presumption: Dependence on self. Neglect of sacraments. Complacency. Refusal to avoid temptation. Failure to rightly regard our job as vocation, working for gain rather than to please God. Neglecting intercession and daily prayer.

Distrust: Worry, anxiety, scrupulosity, perfectionism. Relying on superstition or false religion or philosophy. Over-sensitivity. Unfounded suspicion. Surrender to depression, gloominess, pessimism, self-pity, fear.

Disobedience: Pursuing personal interests or pleasures in disregard of God’s revealed Will. Failure to submit to any legitimate authority. Absorption in personal concerns and neglect to learn and Christian truth. Irresponsibility. Violation of confidence. Breaching agreements.

Impenitence: Ignoring our sins or failing to confess them. Self-justification or holding ourselves up as better than others. Refusal to accept consequences of our actions or just punishment. Blaming others for our faults. Deceit to avoid punishment or protect reputation. Shame, lack of acceptance of God’s mercy. Unwillingness to forgive ourselves. Failing to apologize when appropriate.

Vanity: Taking credit for gifts, talents and abilities. Lack of gratitude. Hypocrisy. Pretending to virtue. Judging others. Boasting, exaggeration, drawing attention to self. Undue attention to dress, status, appearance or lack of concern for doing our best.

Arrogance: Insisting on our own will. Being overbearing, quarrelsome, opinionated, stubborn.

Snobbery: Pride over status, family background, personality, educations, possessions, talents...