



# 7 SINS / VIRTUES

7 week Lent series







“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.”

- Philippians 2:3-4 -







# 7 DEADLY SINS

In the tapestry of human existence, the interplay between sin and virtue unfolds a profound narrative within our moral landscape. At the core lies the Seven Deadly Sins and their contrasting counterparts—the Seven Virtues. Rooted in biblical teachings, these concepts provide a framework to understand human behaviour and spiritual growth.

The Seven Deadly Sins—pride, greed, wrath, envy, lust, gluttony, and sloth—illustrate the wayward tendencies of the human heart, leading us astray from God's intended will. They lurk within, tempting us towards selfish desires and destructive behaviours, hindering our relationships with God and others.

On the other hand, the Seven Virtues—humility, charity, patience, kindness, chastity, temperance, and diligence—stand as beacons, guiding us towards a life characterised by God's wisdom, righteousness, grace, and love. Cultivated through God's word, prayer, and faith in His transformative power, these virtues empower us to combat sinful tendencies and embrace a life that honours God and serves others.

In this Lenten series, we will engage with Scripture, drawing insights, wisdom, understanding, implications and applications for both sins and virtues. The Seven Deadly Sins and Virtues provide a roadmap for self-examination, repentance, forgiveness, and spiritual growth through the grace and guidance of God's Word. Our aim is not merely to highlight moral failings or virtues to aspire to, but to invite a profound understanding of God's redemptive plan. Through His grace, we gain the strength to confront weaknesses, cultivate virtues, and experience transformation aligning with His divine purpose.

May this Lenten journey into the Seven Deadly Sins and Virtues allow for personal reflection, collective discussion, and spiritual growth. Together, let us seek God's guidance and empowerment, striving for a deeper intimacy with God.

Every blessing,  
*Rev'd Christopher Bate*  
*Holy Spirit Algester*





## Warming up

How would you describe the difference between self-satisfaction and pride? Would you say that either are ok?

## Read: Genesis 3:1-7

1. What does the serpent say about God's instructions?
2. In what way does the serpent's pride lead to sin against God?
3. How does Eve respond in v.2?
4. If Adam and Eve hadn't eaten the fruit, how would their trust and obedience have shown humility towards God?

## Read: Philippians 2:3-11

1. What do vv.3-4 say about humility? Is this different to how you would describe humility? How so?
2. If Jesus were selfish and prideful, how could he have used equality with God for his own benefit?
3. What do vv.7-8 tell us about Jesus' humility?
4. In vv.8-9 we see Jesus' humility being crowned with exaltation by God. What else does the Bible say about this? (see Matt 18:1-4, Matt 23:1-12, Luke 14:7-11, Luke 18:9-14, Phil 4:12-13)
5. Why is humility a vital aspect to Jesus' Lordship as a good king?

## Rubber hits the road

What are three things you can do this week to help you lay down pride and take up humility?







## Warming up

Have you ever been surprised by someone's generosity? What happened and why did it make an impression on you?

## Read: Isaiah 5:1-8

1. Who is the vineyard owner? Why was the vineyard a disappointment?
2. What will happen to this vineyard? Why does this happen?
3. How might this passage relate to our world today?
4. Have a look at some of these passages about greed in the Bible: 1 Timothy 6:6-10, Hebrews 13:5, Luke 12:13-21, Ecclesiastes 5:1-13, Proverbs 1:17-19. Why is greed a deadly sin?

## Read: Matthew 6:19-24

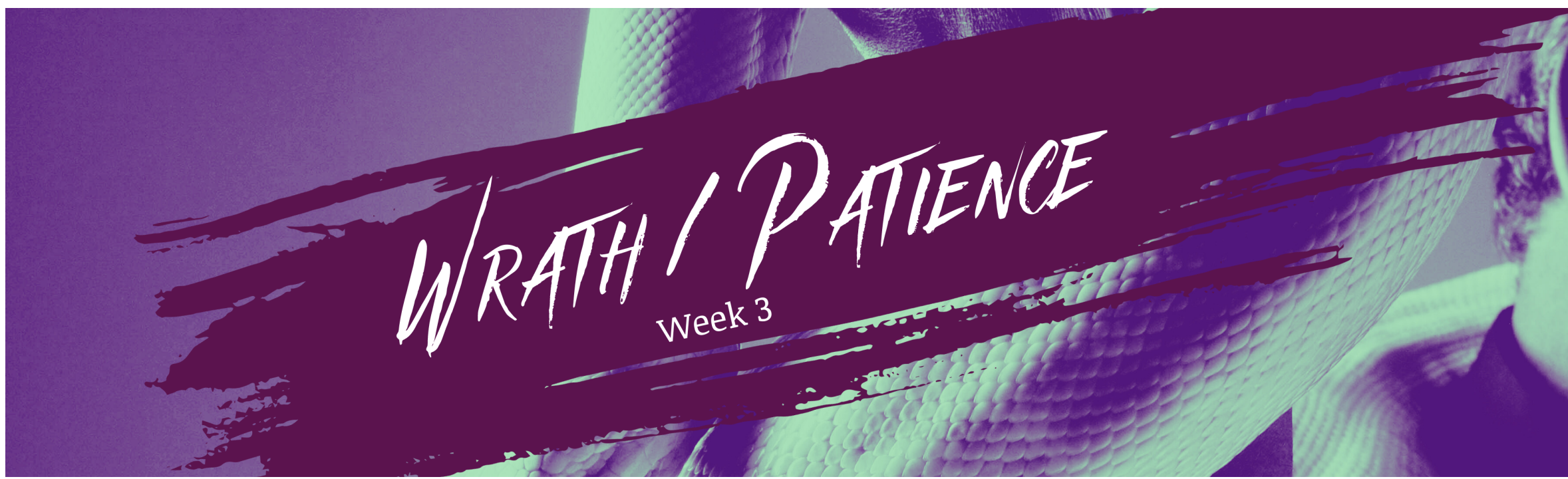
1. Who is speaking in this passage? What is their main point?
2. What does it look like to 'store up your riches in heaven'?
3. What point is being made about light and darkness in vv.22-23?
4. How might this passage relate to our world today?
5. Have a look at some of these passages about generosity in the Bible: Proverbs 11:24, Malachi 3:10-12, 1 John 3:16-18. Why is generosity so important for a Christian?
6. How does the season of Lent encourage generosity?

## Rubber hits the road

How can you make sure that you serve God rather than greed in your everyday life?







## Warming up

What makes you angry? Now ask yourself, why does it make you angry? Is this anger justified?

## Read: Psalm 137

1. What stands out to you in this passage?
2. What are they praying might happen to their enemies?
3. According to v.8, why are they asking for this?
4. What are they asking God to do?
5. How do you think God might respond to that request?

## Read: John 2:13-17

1. Why is Jesus angry?
2. Is it right that Jesus is angry?
3. What's the difference between human anger and God's anger?  
(Hint: read James 1:19-20)
4. When should we be angry?
5. How should we exercise that anger?

## Rubber hits the road

This week, examine yourself every time that you get angry. Ask yourself, “why am I getting angry?”. Sometimes when you do this, God will reveal idolatry in your life. Do not worry, hand it over to God in prayer. Then, ask God to fill your heart with the things He is concerned for, and with patience for His return.

# NOTES/ PRAYER POINTS/ ETC.

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## Prayer

Lord Jesus, we are sorry for the times our anger doesn't produce righteousness. Fill our hearts with the matters that cause you concern, and fill our hearts with patience for the day of your return. Amen.





## Warming up

Consider a time in your life when you either experienced or witnessed envy. How did it affect relationships and actions? Alternatively, share a personal experience of kindness that left a lasting impact on you.

## Read: Genesis 4:1-8

1. What led to Cain's feelings of envy towards Abel? How did his envy manifest, and what were the consequences?
2. How did God react to Cain's offering and his emotions? What does this tell us about God's understanding of envy and His desire for human relationships?
3. What lessons can we learn from God's conversation with Cain about controlling envy?

## Read: Matthew 20:1-16

1. How does the landowner demonstrate kindness and fairness towards the workers in this parable? What does this reveal about God's character?
2. How do the labourers who worked longer hours react to the landowner's generosity towards those who worked less? What does this reveal about the nature of envy?
3. What can we learn about kindness from the landowner's actions?
4. How does God respond to envy in the Cain and Abel story compared to the parable in Matthew? What insights can we draw from God's responses?

## Rubber hits the road

In what ways can these passages guide us in dealing with envy and practising kindness in our daily lives? How can we apply these teachings in our relationships with others? Write them on a post-it note and put it somewhere you will see it everyday to remind you.

# NOTES/ PRAYERPOINTS/ ETC.

## Prayer

Heavenly Father, in moments of envy, grant us the wisdom to recognise its presence in our hearts. May we be filled with Your grace to overcome these feelings and replace them with kindness. Help us to celebrate the successes of others without comparison, and guide our actions to be rooted in genuine love and compassion. Let kindness be our response to the world around us. May Your light shine within us, dispelling any darkness of envy, and may our lives be a reflection of Your abundant love. Amen.





## Warming up

Describe a time when you have felt truly welcomed to a new place.

## Read: 2 Samuel 11:1-17

1. What is wrong with David's actions in v.1? Where should he be?
2. What do you think were the underlying factors that led to David's lust over Bathsheba in vv.2-4?
3. How does Bathsheba's husband Uriah show integrity through his choice to remain chaste in vv.6-13?
4. How does the original sin of lust lead David to commit other sins?
5. In what ways does David's lust lead to damaged relationships and fracture in the wider community?
6. What would have been the flow-on effects of David choosing to practice chastity in this passage?

## Read: Matthew 5:27-30

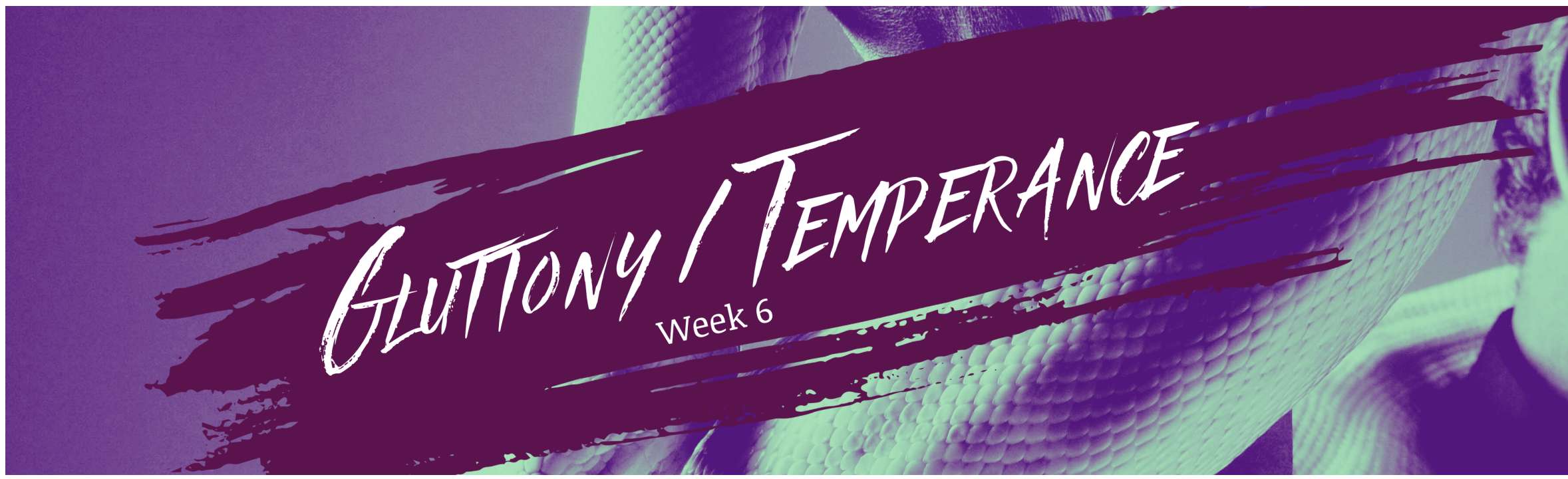
1. Why do you think the command, "do not commit adultery" (Exodus 20:14 & Deuteronomy 5:18) was included in the Ten Commandments that God gave as foundational law for the Israelites?
2. In v.28, why do you think Jesus reinterprets the law and states that lust is as sinful as adultery?
3. In vv.29-30, Jesus uses hyperbole (obvious and intentional exaggeration) to show the seriousness of both lust and sin in general. Why do you think Jesus takes such a severe stance on sin?

## Rubber hits the road

Take a moment to reflect on your relationships with others. Is there anything you need to repent of? How can you honour God in your relationships this week?







## Warming up

What is your favourite food? What do you love about it?

## Read: Philippians 3:17-21

1. Who is the human writer of this passage? What do you think their main point is?
2. What do you think it means to live 'as enemies of the cross of Christ'?
3. What does it mean to you that, in Christ, your citizenship is in heaven?
4. What does this passage teach us about gluttony? Why do you think gluttony was chosen as one of the 'seven deadly sins'?
5. How does the season of Lent help us avoid gluttony?

## Read: Matthew 6:25-33

1. Who is speaking in this passage? What is their main point?
2. What is temperance and how does it relate to gluttony?
3. Why are birds given as an example of temperance in this passage?
4. v.30 talks about faith. What does temperance have to do with faith?
5. What does v.33 tell us about our desires and the Christian life?
6. How might this passage relate to our world today?
7. How does the season of Lent encourage temperance?

## Rubber hits the road

In your life, where are you distracted from focussing on the Kingdom of God? How can we encourage one another to seek God's Kingdom first?



# NOTES / PRAYER POINTS / ETC.

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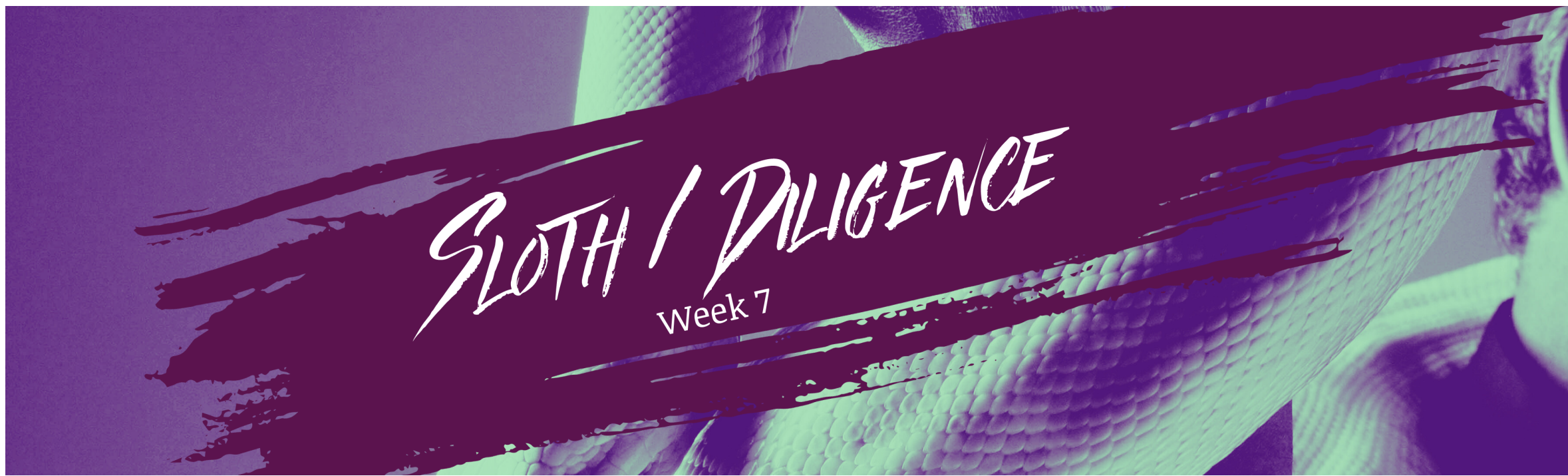
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## Prayer

Loving Lord God, thank you that your eye is on the sparrow, and your eye is on me. Holy Spirit, help me to commit to trust in you for all things and resist gluttony in my life. Thank you, Jesus, for your provision. Help me always to seek your Kingdom and your righteousness first. Amen.



## Warming up

Have there ever been times when you have been too busy to work on your relationship with God?

## Read: Ecclesiastes 1:1-9

1. The word translated to “meaningless” describes the way that smoke disappears and seems intangible and fleeting. Why do you think the author believes everything is “meaningless”?
2. In the author’s view, some things do last. What are they?
3. Against what are the ‘things that last’ compared? What does this tell us of human efforts?
4. If we spend our lives pursuing personal gain, how does our relationship with God fare?

## Read: John 5:1-9

1. What strikes you about the man described in this passage?
2. How long had he waited to be healed at the pool?
3. Jesus offers healing in a way different to what he expects. How does the man respond?
4. Can we just as easily spend decades looking for God in church attendance, without actually responding to the call to follow Jesus?
5. How should we respond to the call to follow Jesus wholeheartedly?

## Rubber hits the road

It's easy for us to be apathetic towards God and neglect our relationship with Him. It's easy to do this while we're busy with the other things of life. Look for ways to commit everything that you do to God.







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