

Sin	Definition	Strategies to Combat	Application
Pride	<i>“Valuing our status and sense of self worth entirely on what we have done, what we own etc. rather than by who we are in Christ” [Pharisee and Tax Collector]</i>	<ul style="list-style-type: none"> • Root identity in God not ourselves [Genesis 1:26-27] • Cultivate truthful self-awareness and confession [1 John 1:8-10] • Replace self- with other-centeredness [Luke 6:31] 	<ul style="list-style-type: none"> • Each day, offer to perform one worthwhile action of pure service for another – something that you wouldn’t normally expect to do • In conversations this week, resist the temptation to talk about yourself – practice taking a genuine interest in another person
Envy	<i>“Discontentment with our own lot, while at the same time looking at someone else’s and wishing it were ours (usually resulting in ill feelings toward ourselves and others)”</i>	<ul style="list-style-type: none"> • Pursue what God does rather than what the world does [2 Timothy 2:22] • Learn to be content under all circumstances [Philippians 4:11-12] • Admire others without the need to compare [1 Thessalonians 5:10] 	<ul style="list-style-type: none"> • Ask God to show you the gifts and talents that he has given you. Acknowledge that God is the giver of these abilities. Are you using them to elevate yourself or others? • Think how you might get involved with Social Transformation at HTB (ask Luke) to help those whose needs may be greater than yours
Anger	<i>“An emotional state of being that ranges from mild irritation to fury and rage”</i>	<ul style="list-style-type: none"> • Consider: is your anger righteous...or revenge? [Psalm 139:21-23] • We should strive for peace at all costs [Romans 12:18]. • We need to let God be God [Psalm 46:10] 	<ul style="list-style-type: none"> • Write a letter offering forgiveness to someone who has hurt you, or asking forgiveness from someone you have hurt. Note: you do not have to send the letter, the discipline of writing it may be enough. • Where have you have been reluctant to give God complete control of your life? Choose to relinquish control. Note what happens.
Gluttony	<i>“An inordinate obsession with food, drink or plain consumption”</i>	<ul style="list-style-type: none"> • Appreciate that God created food for our enjoyment [Ecclesiastes 2:24-25]... • and that there is a time to fast [Ecclesiastes 3:1, 5b]... • and to feast [Numbers 10:10] 	<ul style="list-style-type: none"> • What makes you feel satisfied or fulfilled? Next time you reach for one of these things, consider why these things make you feel content and how it falls in line with what God says should satisfy your needs? • The next time you meet with friends at the pub limit yourself to one alcoholic drink. Note how you feel or how others react.
Lust	<i>“When the healthy desire for sex and intimacy with a person becomes distorted, objectifying the person and making him or her purely the means by which our desire is satisfied how and when we choose”</i>	<ul style="list-style-type: none"> • Work to keep sex for the purpose it was designed: to be expressed in a marriage relationship [Genesis 2:21-25]. • We can resist temptation and abstain [Galatians 5:16] • Life in community helps meet relational needs [Galatians 5:13] 	<ul style="list-style-type: none"> • Consider the nature of what you read, watch or listen to and how it affects your views regarding sexuality. Are the messages you receive in line with—or contrary to—what God says about sexuality? Do you need to make any changes? • Consider an area of your life where you consistently fall into temptation. In what way have you invited God to be part of the solution?
Greed	<i>“A selfish and excessive desire for more of something than is needed, where the definition of ‘excess’ lies in the state of our hearts and what motivates our pursuits”</i>	<ul style="list-style-type: none"> • The material world is good [Genesis 1:31] • The grace of giving [2 Corinthians 8:7; Matthew 6:21] • Generosity is not optional [Matthew 25:31-46] 	<ul style="list-style-type: none"> • Consider your attitudes toward giving generously. Do you live your life as if generosity were optional? What practical steps might you take toward living as if it weren’t? • Decide how you are going to practice ‘radical generosity’ this week!
Sloth	<i>“Inactivity, specifically in a spiritual sense (but remembering that our attitude behind an ‘active faith’ needs to be aligned with God’s purposes, unlike the Pharisees)”</i>	<ul style="list-style-type: none"> • Don’t lose sight of God [Deuteronomy 9:11-13] • Remember, you were created for a purpose [Psalm 139] • Love should compel us [Colossians 3:12-17] 	<ul style="list-style-type: none"> • Worship of God is more than singing on Sundays. Think how you can worship God everyday – e.g. read a psalm, help someone carry a heavy bag up stairs on the tube. Do one act of practical worship a day • Commit to following the “Purpose Driven Life” in pastorate this term to work out what purpose God has for your life!