



## Pride:

Excessive belief in one's own abilities.

Virtue: **Humility**

## Envy:

The desire for others' traits, status, abilities or situation.

Virtue: **Kindness**

## Gluttony:

An inordinate desire to consume more than that which one requires.

Virtue: **Self-Control**

## Anger:

A strong feeling of grievance and displeasure.

Virtue: **Patience**

## Greed:

An overwhelming desire to have more of something than is actually needed.

Virtue: **Generosity**

## Sloth:

The avoidance of physical or spiritual work.

Virtue: **Diligence**

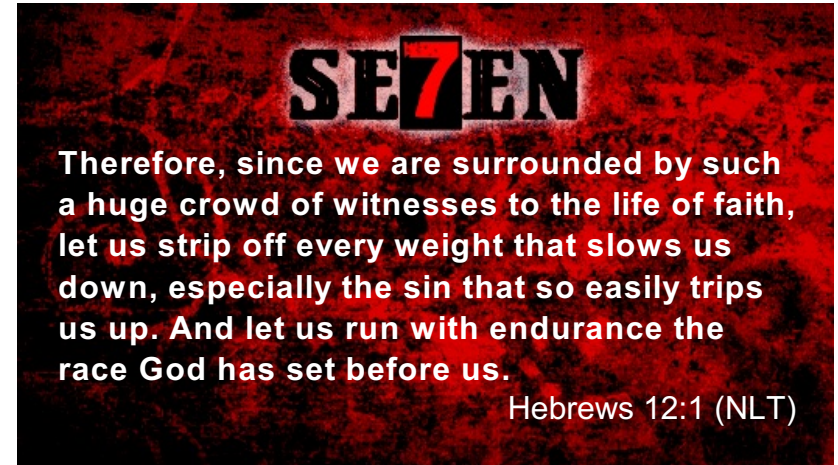
## Lust:

An inordinate craving for the pleasures of the body.

Virtue: **Purity**

## The Big Idea

- God wants you to finish well



## Understand the Primary Source of My Sin.

For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness.

Mark 7:21-22 (NLT)

## How Do We Deal With Pride

- **Acknowledge my problem with pride.**

- Pride leads to:

- Disgrace

Pride leads to disgrace, but with humility comes wisdom. Proverbs 11:2 (NLT)

- Conflict

Pride leads to conflict; those who take advice are wise. Proverbs 13:10 (NLT)

- Destruction

Pride goes before destruction, and haughtiness before a fall.  
Proverbs 16:18 (NLT)

- Pride ends in humiliation

Pride ends in humiliation, while humility brings honor. Proverbs 29:23 (NLT)

- **Confess that you are prideful**

But if we confess our sins to God, he will keep his promise and do what is right: he will forgive us our sins and purify us from all our wrongdoing. 1 John 1:9 (TEV)

- **Humble myself before God**

- Humility is pride in God
- Humility is the ultimate act of strength
- God gives grace to the humble

"God opposes the proud but gives grace to the humble." Submit yourselves, then, to God.  
James 4:6b-7a (NIV)

## 12 Actions of Humility

(Adapted from St Benedicts "The Twelve Steps to Humility")

1. Intentionally seek humility as an act of obedience
2. Seek God's will above my own will
3. Confess your sins to God quickly
4. Persevere through sickness and affliction quietly
5. Study God's word and live it out daily
6. Practice praising and complimenting others
7. Use my gifts and talents to serve others
8. Plan regular times of fasting
9. Be a friend to others going through humbling times
10. Restrict my sarcasm
11. Speak gently and practice silence
12. Be modest in my appearance and actions.

- **The Goal:** To live a life of decreasing pride and increasing humility

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Hebrews 12:1-2 (NLT)

### My Next Step Today Is To . . .

- Trust Jesus with my life.
- Confess my sin of pride to God and ask for His forgiveness and help.
- Begin to develop the 12 Actions of Humility in my life, starting with # \_\_\_\_
- Meditate on and/or memorize Hebrews 12:1