

TRUST

Fear and the Seven Deadly Sins



Are you able to be diligent to God and show your obedience? Are you equipped to withstand the tests the devil throws at you on your own? The first step is to identify your problems, then you can take the rest the journey with God as your stronghold to fight the enemy and his charges.

by: Altar Life

www.altarlife.co

To

From

Message

*Just a
little gift
for you* *XOX*

Altar Life



Scripture quotations marked (KJV) are taken from the King James Version of the Holy Bible

Please direct any inquiries to: contact@altarlife.co

Safety First



The reflections and exercises included in this workbook may induce symptoms of anxiety. Remember to take deep breaths, pray, and have a stress reliever. Choose a reliever that does not cause new spirit attachments or soul ties to form, so no alcohol or sex with randoms. This is time to spend with God and yourself, the ultimate partnership.

TRUST

/trəst/ noun

firm belief in the
reliability, truth, ability,
or strength of someone
or something.

Reflections & Exercises to Build Trust in Relationships

The Shapes of (*Mis*) Trust

Control

Paranoia

Runner

Low self-esteem

Doubt

Insecurity

Jealousy

Lacks vulnerability

Isolation

Combative

Secretive

Loner

Anxiety

Difficulty Adjusting

Depression

Fear

Examples of (*MIS*) Trust in the Bible

Instance where TRUST was required: Peter walking on water

Peter step out of the boat on faith in God without giving it a second thought, then when he took his eyes off Jesus because of fear and his surroundings, he lost faith and started to sink into the water. Read the whole chapter to get the reactions of the other disciples.

Matthew 14: 25-31

25 And in the fourth watch of the night Jesus went unto them, walking on the sea.

26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

28 And Peter answered him and said, Lord, if it be thou, bid me come unto thee on the water.

29 And he said, Come. And when Peter was come down out of the ship, he walked on the water, to go to Jesus.

30 But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.

31 And immediately Jesus stretched forth his hand, and caught him, and said unto him, O thou of little faith, wherefore didst thou doubt?

Instance where TRUST was given: Moses - The book of Exodus

Moses' life depended on the favor of God from birth. When he became adult he was able to recipricate some of his affection and appreciation for God by being faithful to his instructions and believing in his word. God was pleased with Moses and annointed him with many things, such as the history of the world. With the knowledge granted him, Moses was able to write the first five books of the bible. He was able to impart continued favor to the children of Israel and reproduced the 10 Commandments and God's laws for us to live by.

Exodus 34: 27-28

27 And the Lord said unto Moses, Write thou these words: for after the tenor of these words I have made a covenant with thee and with Israel.

28 And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.

Instance where TRUST fell short: Eve & the Serpent

Eve was very naive. We can say that in the present because we are living in the aftermath of her two-fold action. Adam is another story.

Genesis 3: 1-13

1 Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

2 And the woman said unto the serpent, We may eat of the fruit of the trees of the garden:

3 But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die.

4 And the serpent said unto the woman, Ye shall not surely die:

5 For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.

6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

8 And they heard the voice of the Lord God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the Lord God amongst the trees of the garden.

9 And the Lord God called unto Adam, and said unto him, Where art thou?

10 And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

11 And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?

12 And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat.

13 And the Lord God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat.

Trust Verses in the Bible

Psalms 56:3-4

When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?

Mark 11:24

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Psalms 13:5

But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

Isaiah 26:3-4

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.

Psalms 40:4

Blessed is the man who makes the Lord his trust, who does not turn to the proud, to those who go astray after a lie!

Proverbs 3:5-6

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths

1 John 4:18

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

Psalms 37:5

Commit your way to the Lord; trust in him, and he will act.

Hebrews 13:8

Jesus Christ is the same yesterday and today and forever.

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

Matthew 6:25

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

Jeremiah 29:11

For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 17: 7-8

“But blessed is the one who trusts in the LORD, whose confidence is in him.

They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

2 Samuel 7:28

Sovereign LORD, you are God! Your covenant is trustworthy, and you have promised these good things to your servant.

Psalms 9:10

Those who know your name trust in you, for you, LORD, have never forsaken those who seek you.

Psalms 84:12

LORD Almighty, blessed is the one who trusts in you.

Philippians 4:6-7

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Psalms 31:14-15

But I trusted in thee, O LORD: I said, Thou art my God. My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me.

The Enemies



Focus on
Completing the Vision

Distraction, Confusion, & Doubt

A special shout out goes to **Emotions**, the quickest instigator of sliding into sin.
Cowardice, the truest way to hide yourself along with its best buddy, **Complacency**.

The devil and his minions are busy. The enemies they send to your life can paralyze you into nothingness if you let them.

Sometimes they put it in a cute package and call it procrastination, but it's more than that. I have had many years where I was stuck at procrastination station and perfectionist lane, two destinations that are honey traps. They look good on the outside, but when it comes time to do the work, the stress on your body is beyond measure.

An action I have started taking when my mind starts to spiral down a rabbit whole is to praise Jesus and give God thanks. It snaps me back into focus right away. I even use the exercise when I feel myself getting worked up or if I'm provoked to the point of cursing. Saying "thank you God, thank you Jesus," has a great way of bringing the joy and purpose back into your life. I've been recommending this trick to everyone, so you're welcome.

Distraction

a thing that prevents someone from giving full attention to something else.

For example, as a writer, my head turns by little thoughts everytime I sit in front of my computer to work on a book project. I have to get a cup of tea and snacks, look up the definition of a word, review songs for my motivation playlist, shop for new notebooks online, play with my kids, or any number of things; my list is extensive.

Confusion

the lack of understanding; uncertainty.

When you are unsure of something, you are filled with the dread of not knowing. It can riddle you with fear and start you down a research rabbit hole that can be unending.

Doubt

to lack confidence in : distrust

Similar to confusion, doubt brings on feelings of uncertainty that makes you not believe in you and what you are trying to accomplish. It's a trick of the devil that sometimes induces feelings of fear which can lead to a paralysis of action and or inconsistencies. Don't fall for it.

Emotions

instinctive or intuitive feeling as distinguished from reasoning or knowledge.

All of the enemies of Focus are related to expressions of emotions. Feelings can be irrational and without reason. Emotions can carry you away to express yourself in ways that will not have the desired effect of what you are trying to obtain, so it is best to take a deep breath, pray, and ask for guidance from the Father.

Cowardice

Lack of courage or firmness of purpose

Complacency

self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies

Neutral

not engaged on either side

There are two responses to fear, fight or flight. Cowardice, complacency, and neutrality are on similar sections of the spectrum. They are driven to flight by fear. They rob a person of any significance because there is nothing to learn when you constantly take yourselves out of situations. There is no growth or blessings to be achieved when you don't stand firm in faith and prayer. It takes the faith of a mustard seed, and if you can't even muster that, there are no prayers the Father can answer for you when the minimum amount of trust is the key to unlock all your blessings.

These enemies of focus rob so many of their purpose, their faith, and their blessings. It is such a labor that the spirit has to endure when all it takes is for someone to call on Him in earnest.

Relationship Types

God

Self

Intimate/Partner

Family

Friend

Stranger

Foe

What do you want from __?

What do you give to __?

God

Self

Intimate Partner

Family

Friend

Foe

Building Trust in God

Proverbs 3:5-6

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.
6 In all thy ways acknowledge him, and he shall direct thy paths.

1. Read your bible

2. Pray

3. 3. Be Obedient to God and his biblical laws

4. Operate in Love

5. Take your worries to him.

Mark 11:24

Therefore I tell you, whatever you ask in prayer, believe that you have received it,
and it will be yours.

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to
give you a future and a hope.

Jeremiah 17:7-8

7 Blessed is the man that trusteth in the Lord, and whose hope the Lord is.
8 For he shall be as a tree planted by the waters, and that spreadeth out her roots by the
river, and shall not see when heat cometh, but her leaf shall be green; and shall not be
careful in the year of drought, neither shall cease from yielding fruit.

Building Trust in Self

Proverbs 1:7

The fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction.

1. Remember you are fearfully and wonderfully made

2. Trust in God first

3. Pray and Meditate

4. Love yourself and love others as you love yourself

5. Treat your body as a temple

6. Ask God for Discernment

7. Pay attention to your body's signals so you can notice your changes

Proverbs 14:12

12 There is a way which seemeth right unto a man, but the end thereof are the ways of death.

Building Trust in Others

1 Peter 4:11

If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever. Amen.

1. Trust in God first

2. Pray and Meditate

3. Love others as you love yourself

4. Pause to Pray before answering a request until you consult with God

5. Ask God for Discernment

1 Corinthians 13 NIV

1 If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. **2** If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. **3** If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5** It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6** Love does not delight in evil but rejoices with the truth. **7** It always protects, always trusts, always hopes, always perseveres.

8 Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. **9** For we know in part and we prophesy in part, **10** but when completeness comes, what is in part disappears. **11** When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. **12** For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

13 And now these three remain: faith, hope and love. But the greatest of these is love.

The Biblical Morals

1 Corinthians 15:33

Be not deceived: evil communications corrupt good manners.

2 Timothy 2:15

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

Matthew 7:12

Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.

Proverbs 22:6

Train up a child in the way he should go: and when he is old, he will not depart from it.

Romans 13:8-10

Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law. (Read More...)

2 Timothy 3:16

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

1 Timothy 6:10

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

Proverbs 12:1

Whoso loveth instruction loveth knowledge: but he that hateth reproof is brutish.

Ephesians 6:4

And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Lord.

Revelation 21:8

But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

Romans 13:1

Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.

Matthew 5:48

Be ye therefore perfect, even as your Father which is in heaven is perfect.

The Virtues Defined

Faith | Hope | Love

Honorable Mentions:

Prudence

Temperance

Fortitude

Justice

Faith

A firm belief in something for which there is no proof

Hope

A desire accompanied by expectation of or belief in fulfillment

Love

An unselfish, loyal, and benevolent concern for the good of another

Prudence

The ability to govern and discipline oneself by the use of reason

Temperance

To have moderation in action, thought, or feeling

Fortitude

The strength of mind that enables a person to encounter danger or bear pain or adversity with courage

Justice

The quality of being just, impartial, or fair

FEAR

/fir/ noun

An unpleasant feeling
triggered by the perception
of danger, real or imagined.

Reflections & Exercises to Overcome Fear Blockages

Fear Blockages

Success

Failure

Rejection

Accountability

Responsibility

Mocking

Beggar Ties

Being Seen

What Does the Bible Say About Fear?

2 Timothy 1: 7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Proverbs 29:25

The fear of man lays a snare, but whoever trusts in the Lord is safe.

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Psalms 23: 4

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

What Does Jesus Say?

Luke 12: 31-32

31 But rather seek ye the kingdom of God; and all these things shall be added unto you.

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

Matthew 10: 28

And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.

John 14: 27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Psalm 27: 1-14 (KJV)

1 (A Psalm of David.) The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

3 Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

4 One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to enquire in his temple.

5 For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.

6 And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.

7 Hear, O LORD, when I cry with my voice: have mercy also upon me, and answer me.

8 When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek.

9 Hide not thy face far from me; put not thy servant away in anger: thou hast been my help; leave me not, neither forsake me, O God of my salvation.

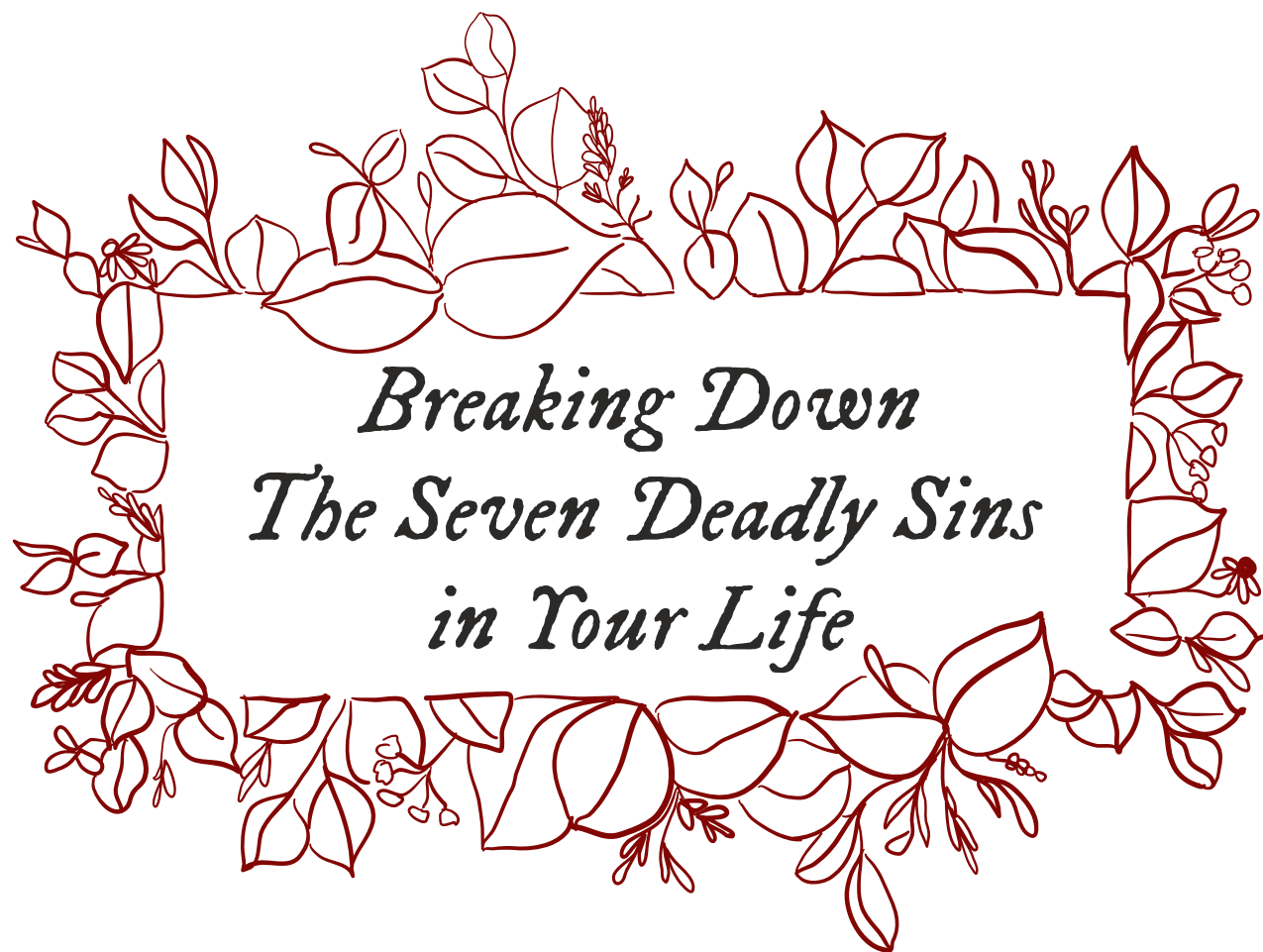
10 When my father and my mother forsake me, then the LORD will take me up.

11 Teach me thy way, O LORD, and lead me in a plain path, because of mine enemies.

12 Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty.

13 I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.

14 Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.



*Breaking Down
The Seven Deadly Sins
in Your Life*

**How to Identify and Overcome
The Demons affecting you**

The Commandments

Don't Do These::

Murder

Adultery

Steal

Lie

Covet

Idols & gods

Misuse God's name

Dishonor your Father & Mother

Forsake the Sabbath

Hold anything above God

KJV Commandments

Exodus 2: 1-18

And God spake all these words, saying,

2 I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage.

3 Thou shalt have no other gods before me.

4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

5 Thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

6 And shewing mercy unto thousands of them that love me, and keep my commandments.

7 Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.

8 Remember the sabbath day, to keep it holy.

9 Six days shalt thou labour, and do all thy work:

10 But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

11 For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

12 Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.

13 Thou shalt not kill.

14 Thou shalt not commit adultery.

15 Thou shalt not steal.

16 Thou shalt not bear false witness against thy neighbour.

17 Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

18 And all the people saw the thunderings, and the lightnings, and the noise of the trumpet, and the mountain smoking: and when the people saw it, they removed, and stood afar off.

The Seven Cardinal Sins

To keep it simple, we are going to focus on the 7 deadly sins and the 3 honorable mentions. Going through the bible, there are many instances where God dislikes some action and those can run up the number of sins over 100 easily. I've included links at the bottom of the page for further exploration of the sins mentioned in the bible.

Pride

Lust

Greed

Envy

Gluttony

Sloth

Wrath

Galatians 5: 19-21

19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies,

21 Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.

Proverbs 6: 16-19

16 These six things doth the Lord hate: yea, seven are an abomination unto him:

17 A proud look, a lying tongue, and hands that shed innocent blood,

18 An heart that deviseth wicked imaginations, feet that be swift in running to mischief,

19 A false witness that speaketh lies, and he that soweth discord among brethren.

Sins Mentioned in Proverbs:

Anger, Restlessness, Lust, Disobedienc, Anxiety, Spiritual Ignorance, Resentment,
Overeating, Rumors, Self-Pity, Selfishness

List of Sins in the Bible References

<https://believersportal.com/list-sins-bible/>

<https://truediscipleship.com/official-list-sins-new-testament/>

The Sins Defined

Pride | Lust | Greed | Envy | Gluttony | Sloth | Wrath

Honorable Mentions:

Vanity

Drunkenness

Deceit

Pride

It is consciousness of one's own dignity. It is pleasure that comes from some relationship, association, achievement, or possession that is seen as a source of honor, respect, etc.

Lust

It is usually intense or unbridled sexual desire.

Greed

A selfish and excessive desire for more of something (such as money) than is needed

Envy

A painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage

Gluttony

It is an excess in eating or drinking

Sloth

A disinclination to action or labor

Wrath

A strong vengeful anger or indignation

Vanity

An inflated pride in oneself or one's appearance

Drunkenness

A given to habitual inebriation due to the excessive use of alcohol

Deceit

It is the act of causing someone to accept as true or valid what is false or invalid

Pride

Pride is often seen as a destructive and sinful attitude that separates individuals from God and others. The Bible contains several passages that address pride and provide guidance on how to break down and overcome this sinful trait. Here are some key biblical principles on pride:

1. Proverbs 16:18: "Pride goes before destruction, and a haughty spirit before a fall." This well-known verse warns that pride can lead to downfall and destruction. It's a reminder of the consequences of an arrogant attitude.
2. Proverbs 11:2: "When pride comes, then comes disgrace, but with the humble is wisdom." Humility is contrasted with pride, emphasizing the value of a humble spirit and the wisdom it brings.
3. James 4:6: "But he gives more grace. Therefore it says, 'God opposes the proud but gives grace to the humble.'" This passage highlights the idea that God actively opposes the proud but extends grace to those who are humble.
4. Matthew 23:12: "Whoever exalts himself will be humbled, and whoever humbles himself will be exalted." Jesus teaches the importance of humility and how those who exalt themselves will ultimately be humbled.
5. Philippians 2:3-4: "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests but also to the interests of others." This passage encourages selflessness and humility, considering others as more important than oneself.
6. 1 Peter 5:5-6: "Clothe yourselves, all of you, with humility toward one another, for 'God opposes the proud but gives grace to the humble.' Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you." Peter echoes the idea of God's opposition to the proud and the need for humility.
7. Luke 18:9-14: The parable of the Pharisee and the tax collector shows the contrast between the prideful attitude of the Pharisee, who boasted about his righteousness, and the humble attitude of the tax collector, who acknowledged his sinfulness and sought God's mercy. Jesus teaches that it was the humble tax collector who went home justified.

To break down pride biblically:

1. Acknowledge Your Pride: Recognize when pride is manifesting in your thoughts, actions, or attitudes.
2. Repentance: Turn to God in repentance, confessing your pride as sin and seeking His forgiveness.
3. Cultivate Humility: Pray for and cultivate humility in your daily life, considering the needs and interests of others as more important than your own.
4. Seek God's Grace: Rely on God's grace to help you overcome pride and grow in humility.
5. Reflect on Scripture: Regularly meditate on and reflect upon the relevant Bible verses to reinforce the importance of humility and the dangers of pride.

Breaking down pride is an ongoing process that often requires self-reflection, prayer, and a conscious effort to align one's attitudes and actions with biblical principles of humility and dependence on God.

Lust

Lust refers to an intense and inappropriate desire for something or someone, often of a sexual nature. It is viewed as a sin that can lead to destructive behavior and spiritual separation from God. Here are some biblical principles on how to break down and overcome lust:

1. **Acknowledge Lust as Sin:** The first step is to recognize that lust is a sin, as it goes against God's design for sexual purity and self-control.
2. **Flee Temptation:** The Bible encourages believers to flee from situations and influences that may lead to lust. In 1 Corinthians 6:18, it says, "Flee from sexual immorality."
3. **Guard Your Heart and Mind:** Proverbs 4:23 advises, "Above all else, guard your heart, for everything you do flows from it." This includes being mindful of what you allow into your mind and heart, such as through media or relationships.
4. **Renew Your Mind:** Romans 12:2 encourages believers to "be transformed by the renewing of your mind." By focusing on God's Word and meditating on things that are pure and honorable, you can reshape your thoughts and desires.
5. **Accountability:** Seek accountability with a trusted friend or mentor who can help you in your battle against lust. Share your struggles and seek support and prayer.
6. **Prayer:** Turn to God in prayer, asking for His strength and guidance to resist lustful desires. Philippians 4:6-7 reminds believers to "not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
7. **Avoid Objectification:** Treat people as individuals, not as objects of desire. Recognize and respect their dignity and worth as children of God.
8. **Cultivate Self-Control:** The fruit of the Spirit includes self-control (Galatians 5:23). Pray for the Holy Spirit to help you develop greater self-control over your desires and impulses.
9. **Set Boundaries:** Establish healthy boundaries in your relationships and interactions to avoid situations that may trigger lustful thoughts.
10. **Seek Accountability and Support:** Confide in a trusted friend, pastor, or counselor who can provide guidance and support in your journey to overcome lust.
11. **Fill Your Time with Positive Activities:** Idle time can lead to temptation. Engage in activities that promote personal growth, service to others, and a focus on God.

Breaking down lust is a challenging process, but with prayer, self-discipline, accountability, and a strong commitment to biblical principles, individuals can overcome the temptation of lust and strive for purity and holiness in their lives. It's important to remember that seeking God's grace and forgiveness is a crucial part of the process, as no one is perfect, and we all depend on His mercy.

Envy

Envy, as described in the Bible, is a sinful attitude or emotion characterized by jealousy, resentment, or coveting what others have. It can lead to destructive behavior and hinder one's spiritual growth. Here are some biblical principles on how to break down and overcome envy:

1. **Recognize Envy as a Sin:** The first step is to acknowledge that envy is a sin that goes against God's commandments. For example, the Tenth Commandment in Exodus 20:17 warns against coveting what belongs to others.
2. **Practice Gratitude:** Cultivate a heart of thankfulness for what you have, rather than focusing on what others possess. Gratitude can help counteract feelings of envy.
3. **Contentment:** Learn to be content with what you have. In 1 Timothy 6:6-8, Paul writes, "But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."
4. **Comparison Avoidance:** Avoid comparing yourself to others. The Bible warns against measuring your worth or success by comparing yourself to others (2 Corinthians 10:12).
5. **Rejoice with Others:** Celebrate the success and blessings of others genuinely. Romans 12:15 encourages believers to "Rejoice with those who rejoice; mourn with those who mourn."
6. **Focus on Eternal Treasures:** Matthew 6:19-20 advises, "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven."
7. **Prayer and Self-Examination:** Engage in self-examination and prayer to root out envy in your heart. Seek God's guidance in overcoming this sin.
8. **Seek Humility:** Humility can help counteract envy. Philippians 2:3-4 advises, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your interests but each of you to the interests of the others."
9. **Renew Your Mind:** Romans 12:2 encourages believers to "be transformed by the renewing of your mind." Meditate on God's Word and focus on things that are pure and praiseworthy.
10. **Avoid Gossip and Slander:** Envy can sometimes lead to speaking ill of others. Proverbs 6:16-19 warns against sowing discord among brothers.

It's essential to remember that envy can be corrosive not only to your own well-being but also to relationships with others. By seeking God's help and following these biblical principles, you can work toward overcoming envy and fostering a spirit of contentment, gratitude, and love for others.

Greed

Greed is a sinful and destructive attitude characterized by an insatiable desire for material wealth or possessions. It is condemned as idolatry and is associated with various forms of evil behavior. Here are some biblical principles on how to break down and overcome greed:

1. **Recognize Greed as Sin:** The first step is acknowledging that greed is a sin that goes against God's commandments. The Tenth Commandment in Exodus 20:17 warns against coveting what belongs to others.
2. **Contentment:** Learn to be content with what you have. In 1 Timothy 6:6-8, the apostle Paul writes, "But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that."
3. **Prioritize Eternal Values:** Matthew 6:19-21 advises believers not to store up treasures on earth but to focus on heavenly treasures. This perspective shifts the focus away from material wealth.
4. **Generosity:** Cultivate a spirit of generosity and giving. Acts 20:35 states, "It is more blessed to give than to receive." Generosity counters the selfishness inherent in greed.
5. **Avoid Coveting:** The Bible repeatedly warns against coveting, as it is a root cause of greed. Hebrews 13:5 encourages believers to be content with what they have and not covet.
6. **Seek God's Kingdom First:** Matthew 6:33 instructs believers to "seek first the kingdom of God and his righteousness," indicating that spiritual priorities should come before worldly gains.
7. **Escape the Love of Money:** 1 Timothy 6:10 warns that "the love of money is a root of all kinds of evil." Focusing on the pursuit of wealth can lead to moral and spiritual pitfalls.
8. **Repentance and Prayer:** If you recognize greed in your life, confess it as sin and seek God's forgiveness. Pray for His help in overcoming the desire for wealth.
9. **Accountability:** Seek accountability with a trusted friend, pastor, or mentor who can help you in your journey to overcome greed. Share your struggles and seek support and prayer.
10. **Renew Your Mind:** Romans 12:2 encourages believers to "be transformed by the renewing of your mind." Meditate on God's Word and focus on values that are in alignment with biblical principles.

Breaking down greed is a continuous process that requires self-reflection, prayer, self-discipline, and a commitment to biblical principles of contentment, generosity, and the pursuit of eternal values. By seeking God's grace and forgiveness, individuals can overcome the temptation of greed and strive for a life characterized by godliness and selflessness.

Gluttony

Gluttony is the excessive and unrestrained consumption of food and drink, often driven by an insatiable appetite. It is considered a sinful behavior that can lead to a lack of self-control, harm to one's health, and spiritual separation from God. Here are some biblical principles on how to break down and overcome gluttony:

1. **Recognize Gluttony as Sin:** The first step is acknowledging that gluttony is a sin. Proverbs 23:20-21 warns, "Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty."
2. **Practice Self-Control:** Self-control is a fruit of the Spirit (Galatians 5:22-23). Seek to exercise moderation and discipline in eating and drinking.
3. **Recognize the Body as a Temple:** 1 Corinthians 6:19-20 reminds believers that their bodies are temples of the Holy Spirit. This perspective encourages caring for the body and avoiding excessive consumption.
4. **Thanksgiving:** Offer thanksgiving for the provision of food and drink. 1 Timothy 4:3-4 advises, "For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving."
5. **Mealtime Prayer:** Begin meals with prayer, giving thanks to God for the nourishment provided. This practice can help shift the focus away from gluttony.
6. **Portion Control:** Be mindful of portion sizes and avoid overeating. Proverbs 25:16 says, "If you find honey, eat just enough—too much of it, and you will vomit."
7. **Fasting:** Periodic fasting, with a spiritual focus, can help develop self-control and break the patterns of overindulgence. Jesus fasted for 40 days as an example (Matthew 4:1-2).
8. **Avoid Overindulgence:** Proverbs 23:2 advises against overindulgence, saying, "Put a knife to your throat if you are given to gluttony."
9. **Seek Accountability:** Share your struggle with a trusted friend, pastor, or mentor who can provide support and encouragement in overcoming gluttony.
10. **Renew Your Mind:** Romans 12:2 encourages believers to "be transformed by the renewing of your mind." Meditate on God's Word and focus on values that promote self-control and gratitude.

Breaking down gluttony is a process that requires self-discipline, prayer, and a commitment to biblical principles of self-control, gratitude, and the recognition of the body as a temple of the Holy Spirit. By seeking God's help and focusing on these principles, individuals can work toward overcoming the temptation of gluttony and fostering a lifestyle of moderation and healthy living.

Sloth

Sloth, also known as laziness or idleness, is a behavior that the Bible consistently discourages. It involves a lack of motivation or effort in fulfilling one's responsibilities and duties. Here are some biblical principles on how to break down and overcome sloth:

1. **Recognize Sloth as Sin:** Sloth is a sin because it involves neglecting one's responsibilities and failing to work diligently. Proverbs 18:9 warns against being "slack in work" because it is a brother to "him who destroys."
2. **Work Diligently:** The Bible emphasizes the value of hard work and diligence. Proverbs 6:6-11 praises the ant as a model of industry and encourages people to go and do likewise.
3. **Fulfill Your Responsibilities:** The Bible instructs believers to fulfill their responsibilities faithfully. Colossians 3:23 says, "Whatever you do, work heartily, as for the Lord and not for men."
4. **Seek Wisdom:** Proverbs is filled with wisdom about the value of knowledge and wisdom. Proverbs 10:4 states, "A slack hand causes poverty, but the hand of the diligent makes rich."
5. **Set Goals:** Proverbs 13:4 advises that "the soul of the diligent is richly supplied." Setting goals and working toward them can help combat sloth.
6. **Avoid Complacency:** Complacency can lead to sloth. Proverbs 24:30-34 tells the story of a field owned by a lazy person, showing the consequences of neglect.
7. **Seek Accountability:** Share your struggles with sloth with a trusted friend, pastor, or mentor who can provide support and encouragement.
8. **Renew Your Mind:** Romans 12:2 encourages believers to "be transformed by the renewing of your mind." This includes focusing on values such as diligence and responsibility.
9. **Prayer and Dependence on God:** Seek God's guidance and strength through prayer to overcome sloth and to find motivation and purpose in your work.
10. **Avoid Procrastination:** Procrastination can lead to sloth. The Bible encourages acting promptly when responsibilities need to be fulfilled.

Breaking down sloth involves a conscious effort to be diligent, responsible, and motivated in all aspects of life, recognizing that work and responsibility are part of God's plan for our lives. By applying these biblical principles and seeking God's guidance, individuals can overcome the temptation of sloth and lead a more productive and purposeful life.

Wrath

Wrath, also known as anger or rage, is an intense and uncontrolled emotional response to perceived wrongdoing or injustice. While anger itself is not necessarily sinful (there are instances of righteous anger in the Bible), uncontrolled and destructive anger, often referred to as wrath, is considered a sinful behavior that can lead to harm and separation from God. Here are some biblical principles on how to break down and manage wrath:

1. **Recognize Wrath as Sin:** The Bible acknowledges that human anger is a common emotion, but it warns against harboring wrath and allowing it to fester. Ephesians 4:26-27 says, "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold." This passage highlights the importance of addressing and resolving anger promptly.
2. **Self-Control:** One of the fruits of the Spirit is self-control (Galatians 5:22-23). Seek the Holy Spirit's help in managing and controlling your anger.
3. **Quick to Listen, Slow to Speak:** James 1:19 advises believers to be "quick to listen, slow to speak, and slow to become angry." This emphasizes the importance of listening and understanding before reacting in anger.
4. **Forgiveness:** The Bible teaches the importance of forgiveness in managing wrath. Ephesians 4:32 says, "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
5. **Prayer:** Seek God's guidance and strength through prayer to control your anger and respond with patience and forgiveness.
6. **Avoid Retaliation:** Romans 12:19 encourages believers to leave room for God's wrath and not to take vengeance into their own hands. This means trusting in God's justice and not seeking revenge.
7. **Counsel and Accountability:** Seek counsel from a trusted friend, pastor, or mentor who can provide guidance and hold you accountable in managing your anger.
8. **Conflict Resolution:** When conflicts arise, seek peaceful and constructive solutions. Romans 12:18 encourages believers to "live at peace with everyone."
9. **Healthy Outlets:** Engage in healthy outlets for frustration and anger, such as physical exercise or constructive communication.
10. **Renew Your Mind:** Romans 12:2 encourages believers to "be transformed by the renewing of your mind." This includes adopting a mindset of patience, forgiveness, and self-control.

Breaking down wrath involves recognizing the destructive potential of uncontrolled anger and seeking to manage it through self-control, forgiveness, prayer, and conflict resolution. By applying these biblical principles and relying on the guidance of the Holy Spirit, individuals can overcome the temptation of wrath and foster healthier, more Christ-like responses to anger and conflict.

Identify Your Sins and How They Show Up in Your Life



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List Bible Verses and Notes to Create An Action Plan for Overcomming Your Sins



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