

7

宗罪
德行

7 DEADLY SINS
7 LIFE GIVING 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 -

凡事不可自私自利，不可贪图虚荣；
只要心存谦卑，各人看别人比自己强。
各人不要单顾自己的事，
也要顾别人的事。

腓立比书2章3-4节

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

七宗罪

在人类存在的织锦中，罪与美德之间的互动在我们的道德景观中展开了深刻的叙述。其核心是七宗罪及其相对应的对应物——七德行。这些概念植根于圣经教义，提供了理解人类行为和精神成长的框架。

七宗罪——骄傲、贪婪、愤怒、嫉妒、色欲、暴食和怠惰——说明了人心的任性倾向，引导我们偏离上帝的旨意。它们潜伏在我们内心，引诱我们产生自私的欲望和破坏性的行为，阻碍我们与上帝和他人的关系。

另一方面，谦卑、慷慨、忍耐、宽容、贞洁、节制、勤勉这七德行就像灯塔，指引我们走向上帝的智慧、公义、恩典和慈爱的生活。透过上帝的话语和祷告来培养，以及对祂改变力量的信仰，这些德行使我们能够对抗罪恶倾向，拥抱荣耀上帝和服务他人的生活。

在这个大斋期系列中，我们将深入研读圣经，并汲取对罪恶和德行的见解、智能、理解、意义和应用。七宗罪和七德行为透过上帝话语的恩典和指导，给我们进行自我省察、悔改、宽恕和灵性成长提供了路线图。我们的目的不仅是强调道德上的缺陷或追求的德行，而是要让人们深刻地理解上帝的救赎计划。借着祂的恩典，我们获得力量去面对弱点，培养德行，并经历与祂神圣目的相符的转变。

顺安

基思杜化·比治

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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 verse 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 verses 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 verses 7-8 tell us about Jesus' humility?
4. In verses 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?

Prayer

Have mercy on me, O God, according to your loving-kindness: in your great compassion blot out my offences. Wash me through and through from my wickedness: and cleanse me from my sin. Create in me a clean heart, O God: and renew a right spirit within me. Cast me not away from your presence: and take not your Holy Spirit from me. Give me the joy of your saving help again: and sustain me with your bountiful Spirit.

Open my lips, O Lord: and my mouth shall proclaim your praise.

Psalm 51.1-2, 11-13, 16

骄傲/谦卑

热身：

你会如何描述自我满足和骄傲之间的区别？ 你会说这两个都ok吗？

研读：创世记 3:1-7

1. 上帝的指示，蛇怎么说？
2. 蛇的骄傲如何导致得罪上帝？
3. 夏娃在第 2 节如何回应？
4. 如果亚当和夏娃没有吃那果子，他们的信靠和顺服怎能表现出对上帝的谦卑呢？

研读：腓立比书 2:3-11

1. 第 3-4 节对谦卑有什么看法？ 这与你所描述的谦卑有什么不同吗？ 为何如此？
2. 如果耶稣是自私和骄傲的，他怎么能利用与上帝同等的地位来谋取自己的利益呢？
3. 第 7-8 节告诉我们关于耶稣的谦卑是什么？
4. 在 8-9 节中，我们看到耶稣的谦卑被上帝戴上了高举的冠冕。 圣经对此还有什么说法？ （参考太 18:1-4，太 23:1-12、路 14:7-11、路 18:9-14、腓 4:12-13）
5. 为什么谦卑是耶稣身为好君王的主权之重要面向？

实践：本周你可以做哪三件事来帮助你放下骄傲，变得谦卑？

祈祷

上帝啊，求祢按祢的慈爱怜悯我，以祢的大慈悲涂抹我的过犯。 求你彻底洗净我的恶念，除去我的罪。 上帝啊，请为我创造一颗清洁的心：并在我内心更新一份正直的精神。 不要把我从你面前赶走；也不要把你的圣灵从我身上夺走。 求你再次赐给我属你拯救帮助的喜乐：并用你丰富的圣灵支持我。 主啊，请张开我的

唇：我的口要颂扬赞美祢的话语。

诗篇 51.1-2, 11-13, 16



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 verses 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?

Prayer

Gracious God, thank you that you have given me all I have and all I need. Keep me from greed and lead me away from worshipping money as God. Holy Spirit, help me become merciful and generous, just like you! Amen.

贪婪/慷慨

热身：

你是否曾经对某人的慷慨感到惊讶？ 发生了什么以及为什么给你留下了深刻的印象？

研读：以赛亚书 5:1-8

1. 葡萄园的主人是谁？ 为什么葡萄园令人失望？
2. 这个葡萄园将会发生什么事？ 为什么会出现这种情况？
3. 这段经文与我们今天的世界有何关系？
4. 看看圣经中关于贪婪的一些经文：提摩太前书6:6-10、希伯来书13:5、路加福音12:13-21、传道书5:1-13、箴言1:17 -19。为什么贪婪是死罪？

研读：马太福音 6:19-24

1. 这段话里是谁在说话？ 他的主要观点是什么？
2. 「要在天上积财宝」是什么样子的？
3. 在第 22-23 节中关于光明和黑暗的观点是什么？
4. 这段经文与我们今天的世界有何关系？
5. 看看圣经中关于慷慨的一些经文：箴言 11:24、玛拉基书 3:10-12、约翰一书 3:16-18。为什么慷慨对基督徒如此重要？
6. 大斋期如何鼓励慷慨？

实践：你如何确保在日常生活中服事上帝而不是贪婪？

祈祷

仁慈的上帝，感谢祢给了我所有的一切和我所需要的一切。求你让我远离贪婪，让我远离拜金为神。圣灵啊，求你帮助我变得仁慈和慷慨，就像祢一样！阿门。



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 verse 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.

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.

愤怒/忍耐

热身：

是什么会让你动怒？现在问问自己，为什么这会让你动怒？这种愤怒有理由吗？

研读：诗篇 137

1. 这段经文中什么让你印象最深刻？
2. 他们祈祷时，希望他们的敌人会发生什么事？
3. 根据第 8 节，他们为什么要求这个？
4. 他们求上帝做什么？
5. 你认为上帝会如何回应这个请求

研读：约翰福音 2:13-17

1. 耶稣为什么生气？
2. 耶稣生气是对的吗？
3. 人的愤怒和上帝的愤怒有什么不同？（提示：阅读雅各布书 1:19-20）
4. 我们什么时候该生气？
5. 我们该如何运用这种愤怒呢？

实践：

本周，每次生气时都要查问自己。问问自己：「我为什么生气？」。有时当你这样做时，上帝会在你的生活中揭露偶像崇拜。别担心，在祷告中把它交给上帝。然后，求上帝让你的心充满祂所关心的事情，并耐心等候祂的再来。

祷告

主耶稣，我们为有时我们的愤怒不能产生公义而感到抱歉。求你让我们的心充满祂关心的事情，并充满耐心地等待祂再临的那一天。阿门。



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 to 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 is God's response to envy in the Cain and Abel story compared to the Matthew parable? What 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.

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.

嫉妒/宽容

热身：

想想你一生中经历过或目睹过嫉妒的某个时刻。它如何影响人际关系和行动？或者，分享对你个人留下持久影响的宽容经验。

研读：创世纪 4:1-8

1. 是什么导致该隐对埃布尔产生嫉妒之情？他的嫉妒是如何表现出来的，后果又是什么？
2. 上帝对该隐的献祭和情绪有何反应？这告诉我们上帝对嫉妒的什么理解以及祂对人际关系的什么渴望？
3. 我们可以从上帝与该隐关于控制嫉妒的对话中学到什么？

研读：马太福音 20:1-16

1. 在这个比喻中，地主如何表现出对工人的仁慈和公平？这揭示了上帝的什么品格？
2. 工作时间较长的工人对于地主对工作时间较少的人的慷慨有何反应？这揭示了嫉妒的本质是什么？
3. 我们可以从地主的行中学到什么关于宽容的教训？
4. 与马太福音的比喻相比，该隐和埃布尔的故事中上帝如何回应嫉妒？我们可以从上帝的响应中得到什么启示？

实践：

这些经文可以如何引导我们在日常生活中处理嫉妒和实践宽容？我们如何将这些教导应用在我们与他人的关系中？将它们写在便利贴上，并将其放在你每天都会看到的地方来提醒你。

祈祷

天父，在我们嫉妒的时候，赐给我们智慧，让我们知道它在我们心中的存在。愿我们充满祢的恩典，去克服这些感受，并以宽容来取代它们。求你帮助我们在没有比较的情况下庆祝他人的成功，并指导我们的行动是植根于真正的爱和同情心。求你让宽容成为我们对周遭世界的回应。愿祢的光芒照耀我们内心，驱散嫉妒的黑暗，愿我们的生活能反映出祢丰富的爱。阿门。



Warming up

Who do you have your healthiest relationship with? What makes this relationship so healthy?

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?

Prayer

Holy God, you have given us the power to do either great good or great harm through our relationships with others. Holy Spirit, we pray that we would listen to your voice of wisdom and walk in your ways. Guide and strengthen us that our relationships would honour you and produce good fruit to your glory. Amen.

色慾 / 贞洁

热身：

你和谁的关系最健康？是什么让这种关系如此健康？

研经：塞繆尔记下 11:1-17

1. 戴维在第 1 节的行为有什么问题？他应该在哪里？
2. 你认为导致戴维在 2-4 节对拔示巴产生情欲的根本因素是什么？
3. 在 6-13 节中，拔示巴的丈夫乌利亚如何透过选择保持贞洁来展现正直？
4. 色欲的原罪如何导致戴维犯下其他罪？
5. 戴维的情欲如何导致更多人的关系受损和分裂？
6. 在这段经文中，戴维选择实行贞洁会产生什么连锁效应？

研读：马太福音 5:27-30

1. 你认为为什么「不可奸淫」（出埃及记 20:14 和申命记 5:18）这一命令被包含在上帝为以色列人颁布的作为基本法律的十诫中？
2. 在第 28 节中，你认为耶稣为何重新解释律法并指出动淫念与通奸一样有罪？
3. 在 29-30 节中，耶稣使用夸张法（明显且有意的夸大）来表明动色欲和所有罪恶的严重性。你认为耶稣为什么对罪采取如此严厉的立场？

实践：

花点时间反思你与他人的关系。有什么需要悔改的吗？本周你如何在人际关系中荣耀上帝？

祈祷

神圣的上帝，祢赋予我们能力使我们可以透过与他人的关系来行善或作恶。圣灵啊，愿你使我们能聆听祢智慧的声音并走在祢的道路上。求祢引导并加强我们，使我们的关系能荣耀祢，并结出好果子。阿门。



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 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. Verse 30 talks about faith. What does temperance have to do with faith?
5. What does verse 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

Where are you distracted from focussing on the Kingdom of God? How can we encourage one another to seek God's Kingdom first?

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.

暴食 / 节制

热身：

你最喜欢什么食物？你喜欢它什么？

研读：腓立比书 3:17-21

1. 这段文字的作者是谁？你认为他的主要观点是什么？
2. 你认为作为『基督十字架的仇敌』的生活意味着什么？
3. 在基督里，你拥有了天国子民身分，这对你来说意味着什么？
4. 关于暴饮暴食，这段经文教导我们什么？你认为暴食为何被列为「七宗罪」之一？
5. 大斋期如何帮助我们避免暴饮暴食？

研读：马太福音 6:25-33

1. 这段话中是谁在说话？他的主要观点是什么？
2. 什么是节制？它与暴食有何关系？
3. 为什么这段经文中以鸟类作为节制的例子？
4. 第 30 节谈到信心。节制与信心有什么关系？
5. 第 33 节告诉我们什么关于我们的愿望和基督徒生活的事？
6. 这段经文与我们今天的世界有什么关系？
7. 大斋期如何鼓励节制？

实践：

在你的生命中，哪些地方让你无法专注于上帝的国？我们可以如何鼓励彼此先寻求上帝的国？

祈祷

慈爱的主上帝，感谢祢的眼睛既注视着天空的飞鸟，亦也注视着我。

圣灵，请帮助我在所有事情上都信靠祢，并抵制生活中的暴食。

主耶稣，感谢祢的供应，请帮助我总是先寻求祢的国和祢的义。阿门。



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.

Prayer

Lord Jesus, we are sorry for the times we are apathetic to your call to follow you with our whole heart, mind, strength and soul. Help us to fix our eyes on you, and to commit our whole lives to your service. Amen.

怠惰 / 勤勉

热身：

你是否曾有过因为太忙而无暇去经营与上帝关系的时候？

研读：传道书 1:1-9

1. 「虚空」这个词描述了烟雾消失的方式，看起来无形且转瞬即逝。你认为作者为什么认为一切都是「虚空」？
2. 在作者看来，有些事情是永恒不变的。这些是什么？
3. 「永恒的事物」是与什么相比？这告诉我们人类的努力是什么？
4. 如果我们一辈子都在追求个人利益，我们与上帝的关系会如何？

研读：约翰福音 5:1-9

1. 这段话中描述的这个人给你留下什么印象？
2. 他在泳池边等了多久才痊愈？
3. 耶稣提供医治的方式与那个人所期望的不同。那个人如何回应？
4. 我们是否可以轻易地花数十年的时间去教会寻找上帝，却没有真正响应跟随耶稣的呼召？
5. 我们该如何回应全心跟随耶稣的呼召？

实践：

当我们忙于生活中的其他事情时，我们就很容易对上帝漠不关心，忽略我们与上帝的关系。寻找方法将你所做的一切交托给上帝。

祈祷

**主耶稣，我们很抱歉，有时我们对祢的呼召无动于衷，未能全心全意、全力以赴地跟随祢。请帮助我们专注于祢，并奉献我们的一生为祢服务。
阿门。**



Sunnybank
Anglican Church

Anglican
Church
Dalby



HOLY SPIRIT
ALGESTER

faith
Stanthorpe Anglican Parish