



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，不可貪圖虛榮；
只要心存謙卑，各人看別人比自己強。
各人不要單顧自己的事，
也要顧別人的事。

腓立比書2章3-4節

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

在人類存在的織錦中，罪與美德之間的互動在我們的道德景觀中展開了深刻的敘述。其核心是七宗罪及其相對應的對應物——七德行。這些概念植根於聖經教義，提供了理解人類行為和精神成長的框架。

七宗罪——驕傲、貪婪、憤怒、嫉妒、色慾、暴食和怠惰——說明了人心的任性傾向，引導我們偏離上帝的旨意。它們潛伏在我們內心，引誘我們產生自私的慾望和破壞性的行為，阻礙我們與上帝和他人的關係。

另一方面，謙卑、慷慨、忍耐、寬容、貞潔、節制、勤勉這七德行就像燈塔，指引我們走向上帝的智慧、公義、恩典和慈愛的生活。透過上帝的話語和禱告來培養，以及對祂改變力量的信仰，這些德行使我們能夠對抗罪惡傾向，擁抱榮耀上帝和服務他人的生活。

在這個大齋期系列中，我們將深入研讀聖經，並汲取對罪惡和德行的見解、智慧、理解、意義和應用。七宗罪和七德行為透過上帝話語的恩典和指導，給我們進行自我省察、悔改、寬恕和靈性成長提供了路線圖。我們的目的不僅是強調道德上的缺陷或追求的德行，而是要讓人們深刻地理解上帝的救贖計畫。藉著祂的恩典，我們獲得力量去面對弱點，培養德行，並經歷與祂神聖目的相符的轉變。

順安

基斯杜化·比治

Algester牧區靈風堂主任牧師



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

驕傲謙卑

熱身：你會如何描述自我滿足和驕傲之間的區別？ 你會說這兩個都ok嗎？

研讀：創世記 3:1-7

1. 上帝的指示，蛇怎麼說？
2. 蛇的驕傲如何導致得罪上帝？
3. 夏娃在第 2 節如何回應？
4. 如果亞當和夏娃沒有吃那果子，他們的信靠和順服怎能表現出對上帝的謙卑呢？

研讀：腓立比書 2:3-11

1. 第 3-4 節對謙卑有什麼看法？ 這與你所描述的謙卑有什麼不同嗎？ 為何如此？
2. 如果耶穌是自私和驕傲的，他怎麼能利用與上帝同等的地位來謀取自己的利益呢？
3. 第 7-8 節告訴我們關於耶穌的謙卑是什麼？
4. 在 8-9 節中，我們看到耶穌的謙卑被上帝戴上了高舉的冠冕。 聖經對此還有什麼說法？（參考太 18:1-4，太 23:1-12、路 14:7-11、路 18:9-14、腓 4:12-13）
5. 為什麼謙卑是耶穌身為好君王的主權之重要面向？

實踐：本週你可以做哪三件事來幫助你放下驕傲，變得謙卑？

祈禱

上帝啊，求祢按祢的慈愛憐憫我，以祢的大慈悲塗抹我的過犯。求你徹底洗淨我的惡念，除去我的罪。上帝啊，請為我創造一顆清潔的心：並在我內心更新一份正直的精神。不要把我從你面前趕走；也不要把你的聖靈從我身上奪走。求你再次賜給我屬你拯救幫助的喜樂：並用你豐富的聖靈支持我。主啊，請張開我的唇：我的口要頌揚讚美祢的話語。

詩篇 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.

貪婪慷慨

熱身：

你是否曾經對某人的慷慨感到驚訝？發生了什麼以及為什麼給你留下了深刻的印象？

研讀：以賽亞書 5:1-8

1. 葡萄園的主人是誰？為什麼葡萄園令人失望？
2. 這個葡萄園將會發生什麼事？為什麼會出現這種情況？
3. 這段經文與我們今天的世界有何關係？
4. 看看聖經中關於貪婪的一些經文：提摩太前書6:6-10、希伯來書13:5、路加福音12:13-21、傳道書5:1-13、箴言1:17-19。為什麼貪婪是死罪？

研讀：馬太福音 6:19-24

1. 這段話裡是誰在說話？他的主要觀點是什麼？
2. 「要在天上積財寶」是什麼樣子的？
3. 在第 22-23 節中關於光明和黑暗的觀點是什麼？
4. 這段經文與我們今天的世界有何關係？
5. 看看聖經中關於慷慨的一些經文：箴言 11:24、瑪拉基書 3:10-12、約翰一書 3:16-18。為什麼慷慨對基督徒如此重要？
6. 大齋期如何鼓勵慷慨？

實踐：你如何確保在日常生活中服事上帝而不是貪婪？

祈禱

仁慈的上帝，感謝祢給了我所擁有的一切和我所需要的一切。求你讓我遠離貪婪，讓我遠離拜金為神。聖靈啊，求你幫助我變得仁慈和慷慨，就像祢一樣！阿門。



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.

憤怒忍耐

熱身：

是什麼會讓你動怒？現在問問自己，為什麼這會讓你動怒？這種憤怒有理由嗎？

研讀：詩篇 137

1. 這段經文中什麼讓你印象最深刻？
2. 他們祈禱時，希望他們的敵人會發生什麼事？
3. 根據第 8 節，他們為什麼要求這個？
4. 他們求上帝做什麼？
5. 你認為上帝會如何回應這個請求？

研讀：約翰福音 2:13-17

1. 耶穌為什麼生氣？
2. 耶穌生氣是對的嗎？
3. 人的憤怒和上帝的憤怒有什麼不同？（提示：閱讀雅各書 1:19-20）
4. 我們什麼時候該生氣？
5. 我們該如何運用這種憤怒呢？

實踐：

本週，每次生氣時都要查問自己。問問自己：「我為什麼生氣？」。有時當你這樣做時，上帝會在你的生活中揭露偶像崇拜。別擔心，在禱告中把它交給上帝。然後，求上帝讓你的心充滿祂所關心的事情，並耐心等候祂的再來。

禱告

主耶穌，我們為有時我們的憤怒不能產生公義而感到抱歉。求你讓我們的心充滿祂關心的事情，並充滿耐心地等待祂再臨的那一天。阿門。



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/寬容

熱身：

想想你一生中經歷過或目睹過嫉妒的某個時刻。它如何影響人際關係和行動？或者，分享對你個人留下持久影響的寬容經驗。

研讀：創世紀 4:1-8

- 1.是什麼導致該隱對亞伯產生嫉妒之情？他的嫉妒是如何表現出來的，後果又是什麼？
- 2.上帝對該隱的獻祭和情緒有何反應？這告訴我們上帝對嫉妒的什麼理解以及祂對人際關係的什麼渴望？
- 3.我們可以從上帝與該隱關於控制嫉妒的對話中學到什麼？

研讀：馬太福音 20:1-16

- 1.在這個比喻中，地主如何表現出對工人的仁慈和公平？這揭示了上帝的什麼品格？
- 2.工作時間較長的工人對於地主對工作時間較少的人的慷慨有何反應？這揭示了嫉妒的本質是什麼？
- 3.我們可以從地主的行為中學到什麼關於寬容的教訓？
- 4.與馬太福音的比喻相比，該隱和亞伯的故事中上帝如何回應嫉妒？我們可以從上帝的回應中得到什麼啟示？

實踐：

這些經文可以如何引導我們在日常生活中處理嫉妒和實踐寬容？我們如何將這些教導應用在我們與他人的關係中？將它們寫在便利貼上，並將其放在你每天都會看到的地方來提醒你。

祈禱

天父，在我們嫉妒的時候，賜給我們智慧，讓我們知道它在我們心中的存在。願我們充滿祢的恩典，去克服這些感受，並以寬容來取代它們。求你幫助我們在沒有比較的情況下慶祝他人的成功，並指導我們的行動是植根於真正的愛和同情心。求你讓寬容成為我們對周遭世界的回應。願祢的光芒照耀我們內心，驅散嫉妒的黑暗，願我們的生活能反映出祢豐富的愛。阿門。



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/貞潔

熱身：你和誰的關係最健康？是什麼讓這種關係如此健康？

研經：撒母耳記下 11:1-17

1. 大衛在第 1 節的行為有什麼問題？他應該在哪裡？
2. 你認為導致大衛在 2-4 節對拔示巴產生情慾的根本因素是什麼？
3. 在 6-13 節中，拔示巴的丈夫烏利亞如何透過選擇保持貞潔來展現正直？
4. 色慾的原罪如何導致大衛犯下其他罪？
5. 大衛的情慾如何導致更多人的關係受損和分裂？
6. 在這段經文中，大衛選擇實行貞潔會產生什麼連鎖效應？

研讀：馬太福音 5:27-30

1. 你認為為什麼「不可姦淫」（出埃及記 20:14 和申命記 5:18）這一命令被包含在上帝為以色列人頒布的作為基本法律的十誡中？
2. 在第 28 節中，你認為耶穌為何重新解釋律法並指出動淫念與通姦一樣有罪？
3. 在 29-30 節中，耶穌使用誇張法（明顯且有意的誇大）來表明動色慾和所有罪惡的嚴重性。你認為耶穌為什麼對罪採取如此嚴厲的立場？

實踐：

花點時間反思你與他人的關係。有什麼需要悔改的嗎？本週你如何在人際關係中榮耀上帝？

祈禱

神聖的上帝，祢賦予我們能力使我們可以透過與他人的關係來行善或作惡。聖靈啊，願你使我們能聆聽祢智慧的聲音並走在祢的道路上。求祢引導並加強我們，使我們的關係能榮耀祢，並結出好果子。阿門。



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.

暴食節制

熱身：你最喜歡什麼食物？你喜歡它什麼？

研讀：腓立比書 3:17-21

1. 這段文字的作者是誰？你認為他的主要觀點是什麼？
2. 你認為作為『基督十字架的仇敵』的生活意味著什麼？
3. 在基督裡，你擁有了天國子民身分，這對你來說意味著什麼？
4. 關於暴飲暴食，這段經文教導我們什麼？你認為暴食為何被列為「七宗罪」之一？
5. 大齋期如何幫助我們避免暴飲暴食？

研讀：馬太福音 6:25-33

1. 這段話中是誰在說話？他的主要觀點是什麼？
2. 什麼是節制？它與暴食有何關係？
3. 為什麼這段經文中以鳥類作為節制的例子？
4. 第 30 節談到信心。節制與信心有什麼關係？
5. 第 33 節告訴我們什麼關於我們的願望和基督徒生活的事？
6. 這段經文與我們今天的世界有什麼關係？
7. 大齋期如何鼓勵節制？

實踐：

在你的生命中，哪些地方讓你無法專注於上帝的國？我們可以如何鼓勵彼此先尋求上帝的國？

祈禱

慈愛的主上帝，感謝祢的眼睛既注視著天空的飛鳥，亦也注視著我。

聖靈，請幫助我在所有事情上都信靠祢，並抵制生活中的暴食。

主耶穌，感謝祢的供應，請幫助我總是先尋求祢的國和祢的義。阿門。



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

熱身：你是否曾有過因為太忙而無暇去經營與上帝關係的時候？

研讀：傳道書 1:1-9

1. 「虛空」這個詞描述了煙霧消失的方式，看起來無形且轉瞬即逝。你認為作者為什麼認為一切都是「虛空」？
2. 在作者看來，有些事情是永恆不變的。這些是什麼？
3. 「永恆的事物」是與什麼相比？這告訴我們人類的努力是什麼？
4. 如果我們一輩子都在追求個人利益，我們與上帝的關係會如何？

研讀：約翰福音 5:1-9

1. 這段話中描述的這個人給你留下什麼印象？
2. 他在泳池邊等了多久才痊癒？
3. 耶穌提供醫治的方式與那個人所期望的不同。那個人如何回應？
4. 我們是否可以輕易地花數十年的時間去教會尋找上帝，卻沒有真正回應跟隨耶穌的呼召？
5. 我們該如何回應全心跟隨耶穌的呼召？

實踐：

當我們忙於生活中的其他事情時，我們就很容易對上帝漠不關心，忽略我們與上帝的關係。尋找方法將你所做的一切交託給上帝。

祈禱

主耶穌，我們很抱歉，有時我們對祢的呼召無動於衷，未能全心全意、全力以赴地跟隨祢。請幫助我們專注於祢，並奉獻我們的一生為祢服務。阿門。



Sunnybank
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Dalby



HOLY SPIRIT
ALGESTER

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