

**SEVEN  
DEADLY  
SINS**

**PRAYER GUIDE**



# PRIDE

**G**lorious God, we praise you as the only one worthy of worship. You are the source, the means, and the end of all things, and to you only be glory forever! And yet ever since the fall, our desire to take your place has led to our misery and ruin. We confess our pride that poisons every virtue and vice in our lives. Sadly and wrongly, we elevate ourselves to the position that only you hold and live condescendingly toward others around us. From our false self-assessment and insatiable self-consumption, we look down on others and despise anyone we perceive to be above us. Please forgive us in Christ for the many ways that we make self, rather than you, the center of our desires, actions, and intentions. By the power of your Spirit, work in our lives so that pride dies and humility grows. We ask that you aggressively root out the spiritual cancer of pride that is pervasive among us so that we might engage in God-glorifying lives of love and gratitude that seek to serve and honor one another. With poverty of spirit, we ask these things in the name of the Father, Son and Holy Spirit, Amen.



**F**ather, we hear your call to rejoice always, pray without ceasing, and give thanks in everything. For we know that “every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.” And yet we so easily become preoccupied with our shifting circumstances and the possessions of others, and simmer in our ingratitude and discontent. Our envious hearts rot relationships as we seek to prevent others from enjoying what we are not or cannot have. By the mercy of Christ, who rested fully in his father’s care, forgive us for our competitive angst that resents the provision and prosperity of others. Give us faith to believe the precept of Proverbs: “A heart at peace gives life to the body, but envy rots the bones.” Help us believe in your goodness as the Creator, your wisdom as the King, and your grace as the Redeemer, and make us thankful for your wise provision. Replace our competitive spirits with compassionate hearts for one another. We ask these things with great hope in your power and not our own. In the name of the Father, Son, and Spirit, Amen.

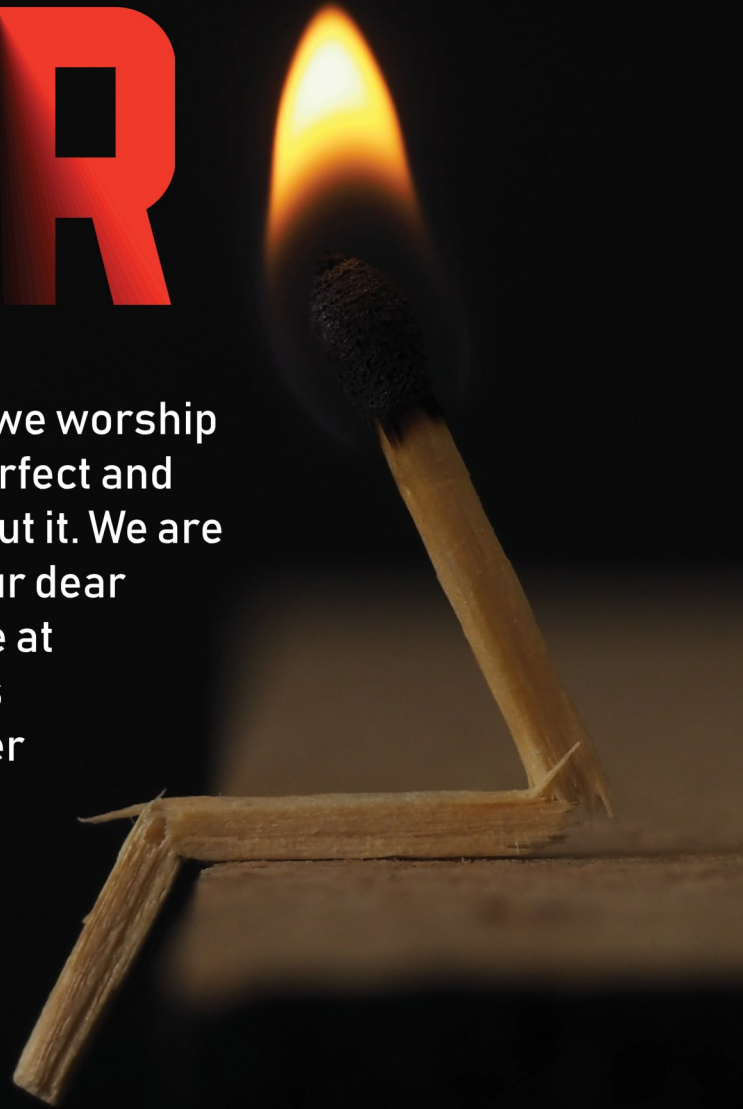


# ENVY

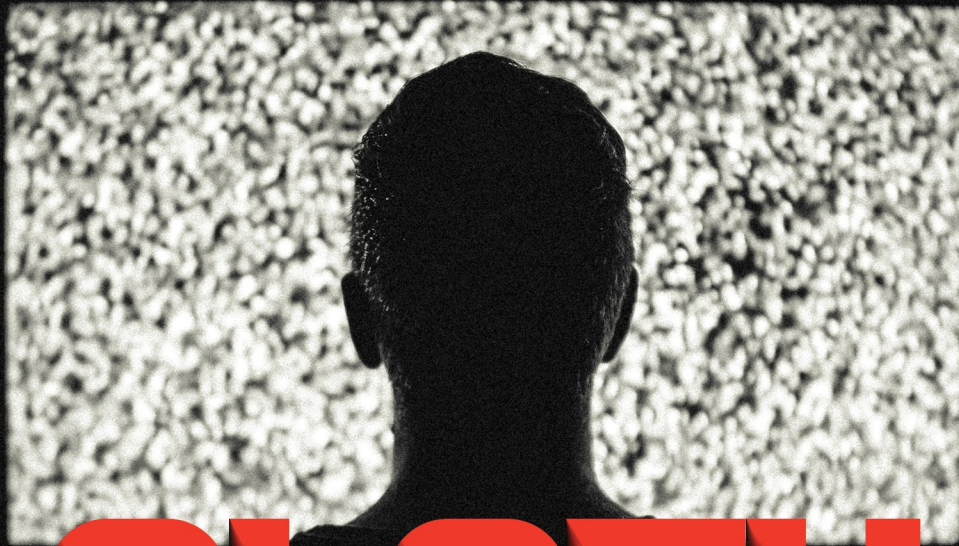


# ANGER

**C**ompassionate and gracious God, we worship you. We praise you that you are perfect and while slow to anger, are not without it. We are in awe that you stood at the grave of your dear friend, Lazarus, and bellowed with rage at death and the grave and fixed your eyes on the cross that you might triumph over death as the resurrection and the life. With great hope of your mercy and kindness, we confess our sin of anger to you. We seethe over things that do not trouble you, and sleep over things that rouse you. Even when we are rightly angry, we are not angry like you. We fail to exhibit your slowness, incarnation, healing, grace, and compassion. We so often erupt far too quickly, failing to embody the greatest of all things: love. Forgive us through your Son and heal us by your Spirit. Guard us from fury that wounds when we explode like hot volcanic lava. Protect us from apathy in a world full of injustice, oppression, and ruin. Supply us with redemptive anger that seeks to renew and restore, by your power alone, what is broken. Calm our hearts with the knowledge that your wrath against us has been satisfied in and through the work of Christ. In the name of the Father, Son and Holy Spirit, we pray. Amen.







# SLOTH

**O**ur Creator and Sustainer, we praise you for the goodness and glory of your handiwork. You are attentive and affectionate toward all that you have made. Sadly, we fail to embody your faithful engagement as we live slothful lives. We confess that we often do not care that we do not care. Our indifference of heart is as slothful as our idleness of mind and body. Made to be pinnacles of your glory, we often live in listless passivity as sluggards who assume that someone else will do what needs doing. Enable us by your Spirit to embody your commands: "Do not be slothful in zeal, be fervent in spirit, serve the Lord." As we seek to throw away slothful living, protect us from the overreaction of overwork. Teach us how to work with Sabbath rhythms, and give us repentance about slothful habits that invade our work and our lives. We look to you, Jesus, Christ in us, the hope of glory, who endured the scorn and shame of the cross by fixing his eyes on the joy set before him, and who saw people as divine appointments rather than disturbing interruptions. We ask these things in the name of the Father, Son and Holy Spirit. Amen.



**O**ur God, in your infinite kindness to us, you have lavishly designed us to experience genuine relational intimacy. Out of your perfect communion as Father, Son, and Spirit, we learn the desire to be known and loved. We hold dear the fond warmth of being in self-giving relationships that fuel trust, safety, and enjoyment. Even more, you have equipped us to deepen and intensify this gift through the beauty of sexuality. And yet, as we so often do, we have taken something good from you and twisted it for our own pleasure. Because of this, we crave sexual experience with our eyes, hearts, and bodies without the responsibilities of commitment, safety, and trust. Rather than take joy in the spouse of our youth, we revel in whatever is new and accessible. We confess that our desires orbit around lust rather than your Spirit, and we are unable to re-order them if you don't intervene. Fill us with a robust hunger for you, which makes all other desires seem faint. Rekindle our godly desires for our spouses. Protect our eyes and hearts from the onslaught of pornography and our sex-saturated culture. Heal our addictions. Grant us protections from our habits and ourselves. Grant to us the kind of community where we can be honest and get help. And give us the courage to repent well, cling to grace instead of shame, and find hope in the light of your presence. In Jesus' name, Amen.

# LUST







# COVETOUSNESS

**F**ather God, Giver of every good and perfect gift, you relentlessly move toward us in generosity. You have given us life, breath, and salvation. You exceed our expectations by your gracious provision. In our honest moments, we recognize that you should be the desire of our hearts. And yet, like Adam and Eve in the Garden, we concentrate our energies on the things that don't belong to us. Rather than living lives of profound gratitude for Jesus and all the blessings you pour out on us, we fill our eyes and hearts with the plenty of others. We convince ourselves that contentment works from the outside in, and so we fantasize about how much better our lives would be with other circumstances. We calculate ways of getting to experience those circumstances in our own heads, hearts, and sometimes with our hands. Forgive us for immersing ourselves in that which is not ours. Please deepen our gratitude for your son Jesus. For all the promises you have made to us are "yes and amen" in Christ. Let the generosity of your Son so fill us that we long to live as givers rather than as those that simply take. Give us your Spirit, and take from us anything that fuels our empty longing for more. In Jesus' name, Amen.



# GLUTTONY

**G**od of all grace, you are the creator of all that sustains your people. You have provided us with food that is delicious and that nourishes us. But more than that, you have given us the sensation and pangs of hunger. We live as though we can make it on our own, but the reality is that we need nourishment from the outside. We confess to you that we have taken your gift of food and made it ultimate in our lives. Most of us are far more in touch with our stomach's ache than our heart's need for you. And some of us struggle with the opposite of gluttony. We'd rather starve our bodies, so that our form can make us feel more acceptable. In either case, we give food our worship and attention, when it should go to you. Your Word tells us that we do not live by bread alone, but by every word that comes from your mouth. Make us hungry for your Word. Cause us to be filled with the Holy Spirit. Empower us to bear the fruit of the Spirit, rather than take the fruit of this world. We look forward to the day that you swallow up death forever, and we join you at that great feast of the Lamb, where all of our needs will be met in you for eternity. Until that day comes, nourish us at the Lord's Supper to give us faith. As Augustine reminds us, "our hearts are restless, until they find rest in you." We pray these things to the one who feeds his people, even at the cost of his own body, in Jesus' name, we pray, Amen.

