

WELCOME TO THE

Christian Soul Test



The Bible asks us to **test ourselves**. The Soul Test uses Scriptures from the Bible to help us get a clear picture of the condition of our soul. It also helps us to create a personalised plan of action to overcome any ungodliness and enhance godliness in us. "Examine yourselves as to whether you are in the faith. **Test yourselves**. Do you not know yourselves, that Jesus Christ is in you? – unless indeed you are disqualified. But I trust that you will know that we are not disqualified." 2 Cor 13:5-6

THE BRIDE OF CHRIST

"...be partakers of the divine nature..." 2 Pet 1:4

"...For I have betrothed you to one husband,
that I may present you as a chaste virgin to Christ."

- 2 Cor 11:2 -

LOVING

Rom 12:10, 1Th 4:9.

GENEROUS

Act 20:35, Pro 14:21.

HOSPITABLE

Heb 13:2, Rom 12:13.

JOYFUL

Gal 5:22, Jhn 15:11.

FEARLESS

2 Tim 1:7, Isa 41:10.

HUMBLE

1Ti 6:11, Col 3:12.

GENTLE

2Co 10:1, Gal 5:22.

PEACEFUL

Mat 5:9, Heb 12:14.

OBEDIENT

1Pe 1:14, Act 5:29.

FAITHFUL

2 Cor 5:7, Act 14:22.

HOPEFUL

Rom 8:24, Col 1:5.

HOLY

1 Pet 1:15-16, Heb 12:14.

DOESN'T RETALIATE

1 Pet 2:22-25, Mat 5:38-41.

HONEST

Heb 13:18, 1Ti 2:2.

CONTENT

1Ti 6:6-10, 1Ti 6:6.

SELF-CONTROLLED

Gal 5:22-23, Titus 2:11-12.

DISCIPLINED

1 Cor 9:24-27.

LONGSUFFERING

2Ti 4:2, Gal 5:22.

MERCIFUL

Luk 6:36, Mat 5:7.

PATIENT

Rev 14:12, 1Ti 6:11.

DILIGENT

Rom 12:11, 2Co 8:7.

KNOWLEDGEABLE

Luk 1:77, Rom 15:14.

and more...



"For our citizenship is in heaven..." Phi 3:20.

"No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier. 2 Tim 2:4.

Welcome to the Christian Soul Test

"Hi Christian!

I'm a fellow believer in Jesus Christ, welcome to the Christian Soul Test. I'm here to help you through this process and set you off on the right track. I have much to tell you, lets get started."



This simple test has been developed to help you see specifically what the condition of your soul is and what it looks like to be walking in the divine nature of God. The test was created by selecting key character traits spoken of in the bible (both good and bad), giving an easy to read, birds eye view of both the word, the strong's definition of the word and its meaning.

Go through each page, learning about the different character traits and write down your areas for personal growth. Following the flesh vs Spirit lists, is a basic overview of key lusts we find in the world today and how to spot when something becomes an idol in your life. After this section is a visual reminder of the Biblical armor of God, the process of sanctification, becoming a container for God's Spirit and a list of scriptures relating to prayer, worship, joy and being led by God's Spirit. You can create your own customised plan for success using the worksheet pages. The worksheets included can be printed out and filled in or edited via an editing software. By the end of this workbook, we hope that you will have identified your strengths and weaknesses as well as put a personalised plan in place for your future growth.

We serve our humble and loving King, Jesus Christ, who has accepted us all into His kingdom saying "All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out." Joh 6:37. Remember that "...by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast." Eph 2:8-9. Salvation is not something we can earn, it is a gift from God, but God also desires that we walk in holiness, set ourselves apart from the world, renew our minds and learn what God's good, acceptable and perfect will is: "...present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Rom 12:1-2. "For this is the will of God, your sanctification..." 1 Thes 4:1.

CONTENTS

WELCOME

3 Welcome

WALKING IN THE SPIRIT

4 Walking in the Flesh vs Spirit

5-14 Walking in the Spirit

15 The Ten Commandments

WALKING IN THE FLESH

16-24 Walking in the flesh

WARNINGS

25-28 The Lusts of the World

YOUR PROTECTION

30 Your Armor

YOUR WEAPONS & PURPOSE

31 The process of sanctification

32 Becoming a container for God's Spirit

33 Prayer, worship, joy and being led by God's Spirit

STAY ON THE PATH

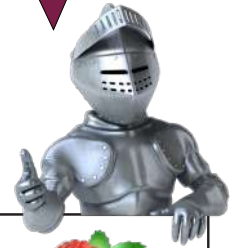
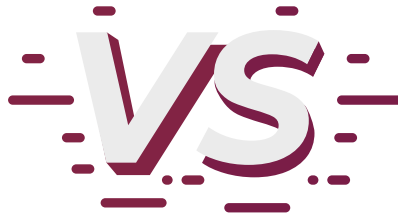
34-35 Your personalised plan to stay on the path

Walking in the Flesh vs Spirit

SPIRIT

"I can do all things through Christ who strengthens me."
Phil 4:13

FLESH














PRIDE	
REBELLIOUS	
UNFAITHFUL	
UNHOLY	
LIES	
GREED	
LUST	
WRATH	
LAZINESS	
FEAR	

LOVE	
JOY	
HUMILITY	
OBEDIENT	
FAITHFUL	
HOLY	
HONEST	
CONTENT	
SELF-CONTROL	
PEACEFUL	
DILIGENT	
FEARLESS	

Walking in the Spirit

“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.” Mat 7:12. “This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.” Gal 5:16. “If we live in the Spirit, let us also walk in the Spirit.” Gal 5:25.

LOVE	Brotherly Kindness, Love for enemies, Love, Charity, Generosity, Hospitality, Compassion.	
JOY	Joy, Happy, Merry, Cheerful, Rejoice.	
HUMILITY	Meekness, Lowliness, Gentleness, Forbearing, Edifying Speech.	
OBEDIENT	Obedience to God, Submit to Authorities (provided it is not against the commandments of God), Obedience to Parents, Obedience to Godly Leaders in the Faith, Wives to Obey their Husbands.	
FAITHFUL	Faith, hope.	
HOLY	Pure of Heart, Goodness, Virtuous, Godliness, Modest.	
HONEST	Honesty/Truthful, Keep your Word.	
CONTENT	Don't worry, Contentment, Don't live for Wealth.	
SELF-CONTROL	Temperance, Self-control, Discipline/Moderation, Don't collect lots of things and entangle yourself with the affairs of this life.	
PEACEFUL	Peacemaker, Longsuffering, Merciful, Patient, Peaceful, Don't retaliate.	
DILIGENT	Diligence, Work Hard, Knowledge.	
FEARLESS	Fearless, Boldness, Strength.	

LOVE



<p>KINDNESS</p>	<p>Brotherly kindness: Love of brothers or sisters, brotherly love, in the NT the love which Christians cherish for each other as brethren. <u>Scripture references:</u> Rom 12:10 , 1Th 4:9. <u>Strong's number:</u> G5360 – Philadelphia <u>Related Scriptures:</u> “But as touching brotherly love ye need not that I write unto you: for ye yourselves are taught of God to love one another.” 1Th 4:9.</p>
<p>LOVE FOR ENEMIES</p>	<p>Love your enemies: <u>Scripture reference:</u> “But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.” Mat 5:44-45.</p>
<p>LOVE / CHARITY</p>	<p>Love/Charity: Affection, good will, love. Benevolence: the quality of being well meaning. kindness. Brotherly love, love feasts. <u>Scripture references:</u> 1Jo 3:11, 1Ti 6:11, 1Jo 4:16, 1Jo 5:3, 1Jo 4:8 1Jo 4:8. <u>Strong's number:</u> G26 – agape. <u>Related Scriptures:</u> “For this is the message that ye heard from the beginning, that we should love one another.” 1Jo 3:11. “God is love, and he who abides in love abides in God, and God in him.” 1Jo 4:16.</p>
<p>GENEROSITY</p>	<p>Generosity: The quality of being kind and generous, gracious, show favour, pity, have mercy on, be shown consideration. <u>Scripture references:</u> “In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, ‘It is more blessed to give than to receive.’” Act 20:35. “Whoever is generous to the poor lends to the Lord, and he will repay him for his deed.” Pro 19:17.</p>
<p>HOSPITALITY</p>	<p>Show hospitality: Hospitable, generous to guests, love to strangers, hospitality. <u>Scripture references:</u> 1Ti 3:2 , Tit 1:8, Heb 6:11, 1Pe 4:9. <u>Strong's number:</u> G5382 - philoxenos. <u>Related Scriptures:</u> “Use hospitality one to another without grudging.” 1Pe 4:9. <u>Scripture references:</u> Heb. 13:2, Rom 12:13. <u>Strong's number:</u> G5381 - philoxenia. <u>Related Scriptures:</u> “Do not forget to show hospitality; for thereby some, having entertained angels, were kept.” Heb. 13:2.</p>
<p>COMPASSION</p>	<p>Compassion: Feeling or showing sympathy/sadness/empathy and concern for the suffering of others and wanting to help them: <u>Scripture references:</u> Psa 86:15, Psa 145:8. <u>Strong's number:</u> H7349 - rahûm. <u>Related Scriptures:</u> “But thou, O Lord, art a God full of compassion, and gracious, longsuffering, and plenteous in mercy and truth.” Psa 86:15. “The LORD is gracious, and full of compassion; slow to anger, and of great mercy.” Psa 145:8. <u>Related Scriptures:</u> “Rejoice with those who rejoice, weep with those who weep.” Rom 12:15. “If one member suffers, all suffer together; if one...is honored, all rejoice together.” 1 Cor 12:26, “Remember those who are in prison, as though in prison with them, and those who are mistreated, since you also are in the body.” Heb 13:3. “The righteous care for the needs of their animals...” Pro 12:10</p>

- “Anyone who does not love does not know God, because God is love.” 1 Joh 4:8.
- “So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.” 1 Joh 4:16.
- “Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.” Joh 14:21.
- “And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.” Luk 10:27.
- “Know therefore that the Lord your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations;” Deu 7:9.

JOY



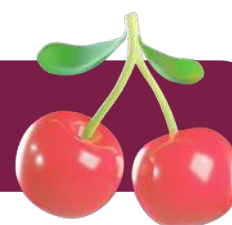
<p>JOY</p>	<p>Joy: Joy, gladness, the joy received from you, the cause or occasion of joy, of persons who are one's joy. Cheerfulness, i.e. calm delight:—gladness.</p> <p><u>Scripture references:</u> Psa 5:11, Psa 16:11, Psa 27:6, Jhn 15:11, Rom 14:17, Gal 5:22, Jas 1:2. <u>Strong's number:</u> G5479 - chara. <u>Related Scriptures:</u> "But the fruit of the Spirit is love, joy..." Gal 5:22. "But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You." Psa 5:11. "These things I have spoken to you, that My joy may remain in you, and that your joy may be full." Jhn 15:11.</p>
<p>HAPPY</p>	<p>Happy: Happiness, happy, blessed.</p> <p><u>Scripture references:</u> Job 5:17, Psa 146:5, Pro 29:18, Pro 28:14, Pro 14:21. <u>Strong's number:</u> H835 - 'ešer. <u>Related Scriptures:</u> "...happy is the man whom God corrects...do not despise the chastening of the Almighty." Job 5:17. "Happy is he who has the God of Jacob for his help, Whose hope is in the LORD his God," Psa 146:5. "But happy is he who keeps the law." Pro 29:18.</p>
<p>MERRY</p>	<p>Merry: Joyful, merry, glad. Blithe: happy or carefree. Gleeful: exuberantly or triumphantly joyful. Rejoice.</p> <p><u>Scripture references:</u> Pro 17:22, Pro 15:13. <u>Strong's number:</u> H8056 - šāmēah. <u>Related Scriptures:</u> "A merry heart does good, like medicine, But a broken spirit dries the bones." Pro 17:22.</p>
<p>CHEERFUL</p>	<p>Cheerful: To hold up, to hold one's self erect and firm, to sustain, to bear, to endure. to hold oneself up against, i.e. (figuratively) put up with:—bear with, endure, forbear, suffer.</p> <p><u>Scripture references:</u> Zec 8:19, Jas 5:13, 2Co 9:7. <u>Strong's number:</u> G430 – anechō. <u>Related Scriptures:</u> "Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms." Jas 5:13.</p>
<p>REJOICE</p>	<p>Rejoice: To exult, rejoice, to exult, display joy, to be bright, i.e. cheerful:—be glad. Make mirth: amusement, especially as expressed in laughter.</p> <p><u>Scripture references:</u> Psa 32:11, Psa 33:1. <u>Strong's number:</u> H7797 - šûs. <u>Related Scriptures:</u> "Be glad in the LORD and rejoice, you righteous...shout for joy, all you upright in heart!" Psa 32:11. "Rejoice in the LORD, O you righteous! For praise from the upright is beautiful." Psa 33:1. "...my soul shall be joyful in the LORD; It shall rejoice in His salvation." Psa 35:9.</p>

HUMILITY



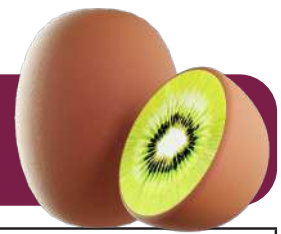
<p>MEEKNESS</p>	<p>Meekness: Gentleness, mildness, meekness, gentleness, by implication, humility:—meekness. <u>Scripture references:</u> 1Ti 6:11, Tit 3:2, Gal 6:1, 2Co 10:1, Col 3:12. <u>Strong's number:</u> G4236 – praotēs <u>Related Scriptures:</u> “To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men.” Tit 3:2. “Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you.” 2Co 10:1.</p>
<p>LOWLINESS</p>	<p>Lowliness/humility: The having a humble opinion of one’s self, a deep sense of one’s (moral) littleness, modesty, humility, lowliness of mind. <u>Scripture references:</u> Phl 2:3, Mat 23:11-12, 1Pe 5:5. <u>Strong's number:</u> G5012 – tapeinophrosynē <u>Related Scriptures:</u> “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.” Phl 2:3, “But he that is greatest among you shall be your servant. And whosoever shall exalt himself shall be abased; and he that shall humble himself shall be exalted.” Mat 23:11-12. “</p>
<p>GENTLENESS</p>	<p>Gentleness: Moral goodness, integrity, benignity, kindness. usefulness, i.e. morally, excellence (in character or demeanor):—gentleness, good(-ness), kindness. <u>Scripture reference:</u> 2Co 10:1, Gal 5:22, Col 3:12. <u>Strong's number:</u> G5544 – chrēstotēs. <u>Related Scriptures:</u> “Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you.” 2Co 10:1. “Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering;” Col 3:12.</p>
<p>FORBEARING</p>	<p>Forbearing: To hold up, to hold one’s self erect and firm, to sustain, to bear, to endure. to hold oneself up against, i.e. (figuratively) put up with:—bear with, endure, forbear, suffer. <u>Scripture reference:</u> Col 3:13. <u>Strong's number:</u> G430 – anechō. <u>Related Scripture:</u> “Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye.” Col 3:13.</p>
<p>EDIFYING SPEECH</p>	<p>Have edifying speech: (the act of) Building, building up, metaph. edifying, edification, the act of one who promotes another’s growth in Christian wisdom, piety, happiness, holiness, a building (i.e. the thing built, edifice) <u>Scripture references:</u> Eph 4:29, Rom 15:2. <u>Strong's number:</u> G3619 – oikodomē. <u>Related Scriptures:</u> “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” Eph 4:29. “Let every one of us please his neighbour for his good to edification. G3619” Rom 15:2.</p>

HONEST



<p>HONESTY</p>	<p>Honesty: Someone who lives in a truthful, fair, or honourable way, which entitles to reverence and respect, dignity, majesty, sanctity, purity. <u>Scripture references:</u> Heb 13:18, 1Ti 2:2, Eph 4:15, Zec 8:16, Psa 15:2. <u>Strong's number:</u> G4587 - semnotēs. <u>Related Scriptures:</u> “Pray for us: for we trust we have a good conscience, in all things willing to live honestly.” Heb 13:18. “Lying lips are abomination to the LORD: but they that deal truly are his delight.” Pro 12:22. “...speaking the truth in love...” Eph 4:15.</p>
<p>KEEP YOUR WORD</p>	<p>Keep your word, do what you say - an oath is like a promise: <u>Related Scriptures:</u> “...let your communication be, Yea, yea; Nay, nay:” Mat 5:37. “...who keeps an oath even when it hurts, and does not change their mind;” Psa 15:1-4.</p>

OBEDIENT



<p>OBEDIENCE TO GOD</p>	<p>Obedience to God: Obedience, compliance, submission, obedience rendered to anyone's counsels, obedience in observing the requirements of Christianity, attentive hearkening. <u>Scripture reference:</u> Rom 1:5. <u>Strong's number:</u> G5218 - hypakoē. <u>Related Scriptures:</u> "...for obedience to the faith..." Rom 1:5. "As obedient children, not fashioning yourselves according to the former lusts in your ignorance." 1Pe 1:14. "...We ought to obey God rather than men." Act 5:29.</p>
<p>SUBMIT TO AUTHORITIES</p>	<p>Submit to Authorities (provided it is not against the commandments of God): To arrange under, to subordinate, to subject, put in subjection, to subject one's self, obey, to submit to one's control, to yield to one's admonition or advice, to obey, be subject. <u>Scripture references:</u> Rom 13:1-7, Tit 3:1, 1 Pet 2:13-15, Mat 22:21, Joh 19:11. <u>Strong's number:</u> G5293 - hypotassō. <u>Related Scriptures:</u> "Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God..." Rom 13:1-7. "Remind them to be subject to rulers and authorities, to obey..." Tit 3:1.</p>
<p>OBEDIENCE TO PARENTS</p>	<p>Obedience to parents (provided it is not against the commandments of God): <u>Related Scripture:</u> "Children, obey your parents in the Lord, for this is right. "Honor your father and mother," which is the first commandment with promise..." Eph 6:1-4</p>
<p>OBEDIENCE TO GODLY LEADERS IN THE FAITH</p>	<p>Obedience to Godly faith leaders (provided it is not against the commandments of God): <u>Related Scripture:</u> "Remember those who rule over you, who have spoken the word of God to you, whose faith follow, considering the outcome of their conduct...Obey those who rule over you, and be submissive, for they watch out for your souls, as those who must give account. Let them do so with joy and not with grief, for that would be unprofitable for you." Heb 13:7-17</p>
<p>WIVES TO OBEY THEIR HUSBAND</p>	<p>Wives to obey their husband (provided it is not against the commandments of God): <u>Related Scriptures:</u> "Wives, submit to your own husbands, as to the Lord. For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything." Eph 5:22-24.</p>

FAITHFUL



<p>FAITH</p>	<p>Faith: Conviction of the truth of anything, belief, generally with the included idea of trust and holy fervour born of faith a strong conviction or belief that Jesus is the Messiah, fidelity, faithfulness, the character of one who can be relied on. <u>Scripture reference:</u> Act 15:9, Jam 2:14-26, 2 Cor 5:7, 1 Cor 2:5, Mat 9:22, 1Ti 6:11. <u>Strong's number:</u> G4102 – pistis. <u>Related Scriptures:</u> "For we walk by faith, not by sight." 2 Cor 5:7. "that your faith should not be in the wisdom of men but in the power of God." 1 Cor 2:5. "Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God." Act 14:22.</p>
<p>HOPE</p>	<p>Hope: Expectation of good, hope, joyful and confident expectation of eternal salvation. <u>Scripture references:</u> 1Jo 3:3, Act 24:15, Act 26:6, Rom 8:24, Rom 12:12, Col 1:5. <u>Strong's number:</u> G1680 – elpis. <u>Related Scriptures:</u> "And have hope toward God, which they themselves also allow, that there shall be a resurrection of the dead, both of the just and unjust." Act 24:15. "And now I stand and am judged for the hope of the promise made of God unto our fathers:" Act 26:6. "Rejoicing in hope; patient in tribulation; continuing instant in prayer," Rom 12:12 "For the hope which is laid up for you in heaven, whereof ye heard before in the word of the truth of the gospel," Col 1:5</p>

HOLY



<p>PURE OF HEART</p>	<p>Pure of heart: Clean, the use of which is not forbidden, imparts no uncleanness, free from corrupt desire, from sin, free from every admixture of what is false, sincere, genuine, blameless, innocent, unstained with the guilt of anything.</p> <p><u>Scripture references:</u> Mat 5:8, 1 Pe 1:22, Mat 5:8, 1Ti 1:5. <u>Strong's number:</u> G2513 – katharos. <u>Related Scriptures:</u> "Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:" 1 Pe 1:22. "Blessed are the pure in heart: for they shall see God." Mat 5:8.</p>
<p>GOODNESS</p>	<p>Goodness: Uprightness of heart and life, goodness, kindness, goodness, i.e. virtue or beneficence:—goodness.</p> <p><u>Scripture references:</u> Gal 5:22, Rom 15:14, 2Th 1:11. <u>Strong's number:</u> G19 – agathōsynē. <u>Related Scriptures:</u> "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith," Gal 5:22. "And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to admonish one another." Rom 15:14</p>
<p>VIRTUOUS</p>	<p>Virtue: A virtuous course of thought, feeling and action, moral goodness, any particular moral excellence, as modesty, purity</p> <p><u>Scripture references:</u> 2Pe 1:3, 2Pe 1:5. <u>Strong's number:</u> G703 – aretē. <u>Related Scriptures:</u> "...hath called us to glory and virtue." 2Pe 1:3. "And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;" 2Pe 1:5.</p>
<p>GODLINESS</p>	<p>Godliness: Reverence, respect, piety towards God, holiness.</p> <p><u>Scripture references:</u> 2Pe 3:11, 2Pe 1:6, 1Ti 2:2, 1Ti 4:8, 1Ti 6:6. <u>Strong's number:</u> G2150 – eusebeia. <u>Related Scriptures:</u> "...ye to be in all holy conversation and godliness," 2Pe 3:11. "...godliness is profitable unto all things, having promise of the life that now is, and of that which is to come." 1Ti 4:8. "...godliness with contentment is great gain." 1Ti 6:6.</p>
<p>MODEST</p>	<p>Modesty: Well arranged, seemly, modest, of good behaviour, of a man living with decorum, a well-ordered life.</p> <p><u>Scripture references:</u> 1Ti 2:9-10. <u>Strong's number:</u> G2887 - kosmios. <u>Related Scriptures:</u> "...women should adorn themselves in respectable apparel, with modesty and self-control...with what is proper for women who profess godliness—with good works." 1Ti 2:9-10, (Wearing clothing that covers the body appropriately shows love for your neighbour as not to make them stumble/be tempted into sin) "But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Mat 5:28. "And he said to his disciples, "Temptations to sin are sure to come, but woe to the one through whom they come!...Pay attention to yourselves!" Luk 17:1-3,</p>

SELF-CONTROL



TEMPERANCE	<p>Temperance: Self-control (the virtue of one who masters his desires and passions, esp. his sensual appetites - relating to or involving gratification of the senses and physical)</p> <p><u>Scripture references:</u> Gal 5:23, Act 24:25, 2Pe 1:6, Eph 2:3, Heb 5:14. <u>Strong's number:</u> G1466 – egkrateia. <u>Related Scriptures:</u> “And to knowledge temperance; and to temperance patience; and to patience godliness;” 2Pe 1:6.</p>
SELF-CONTROL	<p>Have self-control over your own spirit:</p> <p><u>Related Scriptures:</u> “Whoever has no rule over his own spirit is like a city broken down, without walls.” Pro 25:28. “But the fruit of the Spirit is...self-control...” Gal 5:22-23. “Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.” Pro 16:32. “For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,” Titus 2:11-12.</p>
DISCIPLINE / MODERATION	<p>Disciplined: Admonishing or calling to soundness of mind, to moderation and self-control, self-control, moderation.</p> <p><u>Scripture reference:</u> 2 Tim 1:7. <u>Strong's number:</u> G4995 - sōphronismos. <u>Related Scripture:</u> “For God gave us a spirit not of fear but of power and love and self-control.” 2 Tim 1:7.</p> <p><u>Related Scripture:</u> “Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” 1 Cor 9:24-27.</p>
DON'T COLLECT LOTS OF THINGS AND ENTANGLE YOURSELF WITH THE AFFAIRS OF THIS LIFE	<p>Don't store up treasures on earth because your heart will be where your treasures are:</p> <p><u>Related Scriptures:</u> “Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also.” Mat 6:19-21. “No one engaged in warfare entangles himself with the affairs of this life, that he may please him who enlisted him as a soldier.” 2 Tim 2:4.</p>

CONTENT



DON'T WORRY	<p>Don't worry about what you need, seek God and His righteousness first and God will give you everything you need:</p> <p><u>Related Scripture:</u> “Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?...seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” Mat 6:31-33.</p>
CONTENTMENT	<p>Contentment: A perfect condition of life in which no aid or support is needed, sufficiency of the necessities of life, a mind contented with its lot.</p> <p><u>Scripture references:</u> 1Ti 6:6-10, 1Ti 6:6, 2Co 9:8. <u>Strong's number:</u> G841 – autarkeia. <u>Related Scriptures:</u> “Now godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content. But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition...” 1Ti 6:6-10.</p>
DON'T LIVE FOR WEALTH	<p>Don't make wealth your master and your trust. Your heart will be with your wealth instead of your heart being on God and trusting in God – you will love the one and hate the other:</p> <p><u>Related Scripture:</u> “No man can serve two masters...he will hate the one, and love the other; or...he will hold to the one, and despise the other. Ye cannot serve God and mammon.” Mat 6:24.</p>

PEACEFUL



<p>PEACEMAKER</p>	<p>Peacemaker: A peacemaker, loving peace. <u>Scripture references:</u> Mat 5:9, Heb 12:14, Rom 12:18, Eph 4:3, Jas 3:18, 2 Cor 13:11, Col 3:15, Pro 16:7, 1 Pet 3:11. <u>Strong's number:</u> G1518 – eirēnopoios. <u>Related Scriptures:</u> “Blessed are the peacemakers: for they shall be called the children of God.” Mat 5:9. “Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.” Heb 12:14. “Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you.” 2 Cor 13:11.</p>
<p>LONGSUFFERING</p>	<p>Longsuffering: Patience, endurance, constancy, steadfastness, perseverance, patience, forbearance, longsuffering, slowness in avenging wrongs. <u>Scripture references:</u> 2Ti 4:2, Gal 5:22, 1Ti 1:16, Rom 2:4. <u>Strong's number:</u> G3115 – makrothymia. <u>Related Scriptures:</u> “...exhort with all longsuffering and doctrine.” 2Ti 4:2. “But the fruit of the Spirit is...longsuffering...” Gal 5:22. “...Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting.” 1Ti 1:16. “Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?” Rom 2:4.</p>
<p>MERCIFUL</p>	<p>Merciful: Compassionate (actively):—merciful. <u>Scripture references:</u> Luk 6:36, Mat 5:7. <u>Strong's number:</u> G1655 – eleēmōn. <u>Related Scriptures:</u> “Be ye therefore merciful, as your Father also is merciful.” Luk 6:36. “Blessed are the merciful: for they shall obtain mercy” Mat 5:7 <u>Scripture references:</u> Jas 5:11. <u>Strong's number:</u> G3629 - oiktirmōn. <u>Related Scriptures:</u> “Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.” Jas 5:11.</p>
<p>PATIENT</p>	<p>Patience: Steadfastness, constancy, endurance, in the NT the characteristic of a man who is not swerved from his deliberate purpose and his loyalty to faith and piety by even the greatest trials and sufferings, steadfast waiting for, a patient enduring, perseverance. <u>Scripture reference:</u> Rev 14:12, 1Ti 6:11, Luk 21:19, Rom 2:7, Rom 5:3, Rev 2:3. <u>Strong's number:</u> G5281 – hypomonē. <u>Related Scriptures:</u> “Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.” Rev 14:12. “To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life.” Rom 2:7. “... tribulation worketh patience,” Rom 5:3. “And hast borne, and hast patience, and for my name's sake hast laboured, and hast not fainted.” Rev 2:3.</p>
<p>PEACEFUL</p>	<p>Peace: A state of national tranquillity, exemption from war, an agreement of peace between individuals, security, safety, prosperity, of the Messiah's peace, the way that leads to peace (salvation), the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, peace, prosperity, quietness, rest. <u>Scripture references:</u> 1Co 14:33, 1Ti 2:2. <u>Strong's number:</u> G1515 – eirēnē. <u>Related Scriptures:</u> “For God is not the author of confusion, but of peace, as in all churches of the saints.” 1Co 14:33. “lead a quiet and peaceable life in all godliness and honesty.” 1Ti 2:2.</p>
<p>DON'T RETALIATE</p>	<p>Don't retaliate: “Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also. And whosoever shall compel thee to go a mile, go with him twain.” Mat 5:38-41. “He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.” 1 Pet 2:22-25.</p>

DILIGENT



DILIGENCE	<p>Diligence: With haste, earnestness in accomplishing, promoting, or striving after anything, from G4692; "speed", i.e. (by implication) despatch, eagerness, business, (earnest) care(-fullness). <u>Scripture references:</u> Rom 12:11, 2Co 8:7, Heb 6:11, 2Pe 1:5. <u>Strong's number:</u> G4710 – spoudē. <u>Related Scriptures:</u> "Not slothful in business; fervent in spirit; serving the Lord;" Rom 12:11, "Therefore, as ye abound in everything...and in all diligence..." 2Co 8:7.</p>
WORK HARD	<p>Work Hard: (of a person) tending to work with energy and commitment; diligent. <u>Related Scriptures:</u> "And whatsoever ye do, do it heartily, as to the Lord, and not unto men; Knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ." Col 3:23-24. "In all labor there is profit, But idle chatter leads only to poverty." Pro 14:23. "...If anyone is not willing to work, let him not eat. For we hear that some among you walk in idleness, not busy at work, but busybodies. Now such persons we command and encourage in the Lord Jesus Christ to do their work quietly and to earn their own living." 2 The 3:10-12. "The hand of the diligent will rule, while the slothful will be put to forced labor." Prov 12:24.</p>
KNOWLEDGE	<p>Knowledge: Knowledge, general intelligence, understanding, knowledge of Christian religion, the deeper knowledge of this religion, such as belongs to the more advanced esp. of things lawful and unlawful for Christians, moral wisdom, such as is seen in right living. <u>Scripture references:</u> Luk 1:77, Rom 15:14, 2Co 8:7, Mal 2:7, Prov 25:2. <u>Strong's number:</u> G1108 – gnosis. <u>Related Scriptures:</u> "To give knowledge of salvation unto his people by the remission of their sins," Luk 1:77. "...ye also are...filled with all knowledge, able also to admonish one another." Rom 15:14. <u>Related Scriptures:</u> "For the lips of a priest should keep knowledge, And people should seek the law from his mouth; For he is the messenger of the LORD of hosts." Mal 2:7. "It is the glory of God to conceal a matter, But the glory of kings is to search out a matter." Prov 25:2.</p>

FEARLESS



FEARLESS	<p>Fearless: Boldness, bravery, not fearing circumstances around you. <u>Scripture references:</u> 2 Tim 1:7, Isa 41:10, 1 Joh 4:18, Psa 118:6, Deu 31:6. <u>Related Scriptures:</u> "For God gave us a spirit not of fear but of power and love and self-control." 2 Tim 1:7. "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." Isa 41:10. "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." 1 Joh 4:18. "The Lord is on my side; I will not fear. What can man do to me?" Psa 118:6. "Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." Deu 31:6.</p>
BOLDNESS	<p>Boldness: Freedom in speaking, unreservedness in speech, openly, frankly, i.e without concealment, without ambiguity or without the use of figures and comparisons, free and fearless confidence, cheerful courage, boldness. <u>Scripture references:</u> Act 4:29, Act 4:13, Act 4:31, Eph 6:19, Heb 10:19. <u>Strong's number:</u> G3954 - parrēsia. <u>Related Scriptures:</u> "...with all boldness they may speak thy word," Act 4:29. "...they were all filled with the Holy Ghost, and they spake the word of God with boldness." Act 4:31. "And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel," Eph 6:19.</p>
STRENGTH	<p>Strength: To strengthen, make strong, from G2900; to empower, increase in vigor. <u>Scripture references:</u> 1Co 16:13, Eph 3:16, Luk 1:80. <u>Strong's number:</u> G2901 - krataioō. <u>Related Scriptures:</u> "Watch ye, stand fast in the faith, quit you like men, be strong." 1Co 16:13. "...be strengthened with might by his Spirit in the inner man," Eph 3:16.</p>

List the Godly character traits that you need to practice and work on:

Example:

Trait: Humility

Plan: Put others first in situations as they arise and find a local church or charity where you can learn to serve others.

Trait: _____

Plan: _____

Trait: _____

Plan: _____

Trait: _____

Plan: _____

Trait: _____

Plan: _____

Trait: _____

Plan: _____

Trait: _____

Plan: _____

Trait: _____

Plan: _____

Trait: _____

Plan: _____

The 10 Commandments

The Ten Commandments:

1. "You shall have no other gods before Me."
2. "You shall not make for yourself a carved image...you shall not bow down to them nor serve them..."
3. "You shall not take the name of the Lord your God in vain..."
4. "Remember the Sabbath day, to keep it holy..."
5. "Honor your father and your mother..."
6. "You shall not murder."
7. "You shall not commit adultery."
8. "You shall not steal."
9. "You shall not bear false witness against your neighbor."
10. "You shall not covet...anything that is your neighbor's."

List the sins that you need to confess and work on overcoming:

Example:

Sin: Not honoring father and mother.

Repentance plan: Think of acts of honour to do for parents and put them into action / go to a Christian counselor to understand why you feel the way you feel towards your parents, maybe there is a root of bitterness you are unable to see / Pray for God to give you a change of heart etc.

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____











Walking in the flesh

"Now the **works of the flesh** are evident, which are adultery, fornication, uncleanness, lewdness/lasciviousness, idolatry, sorcery/witchcraft, hatred, contentions/variance, jealousies/emulations, outbursts of wrath, selfish ambition/strife, dissensions, heresies, envy, murders, drunkenness, revelries...those who practice such things **will not inherit the kingdom of God.**" Galatians 5:19-21

"Do you not know that the **unrighteous will not inherit the kingdom of God**? Do not be deceived. Neither fornicators, idolaters, adulterers, homosexuals, sodomites, thieves, covetous/greedy, drunkards, revilers/slanderers, extortioners/swindlers...will inherit the kingdom of God." 1 Cori 6:9-10

"He who overcomes shall inherit all things, and I will be his God and he shall be My son. But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters and all liars...**shall have their part in the lake which burns with fire and brimstone**, which is the second death." Revelation 21:7-8

"This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God; Having a form of godliness, but denying the power thereof: from such turn away." 2Ti 3:1-5.

PRIDE	Sorcery, Boasters, Proud, Strife/Selfish ambition, Lovers of their own selves, Unthankful, Heady, Highminded, Revelry, Without natural affection, Despisers of those that are good.	
REBELLIOUS	Witchcraft, Disobedient to parents, Unbelieving, Trucebreakers/implacable, Lewdness.	
UNFAITHFUL	Adulterer, Whisperer, Idolaters, Traitors, lovers of pleasures more than lovers of God.	
UNHOLY	Uncleanness, Abominable, Unholy, Corrupt communication, Fornication.	
LIES	Slanderers, Liars, Heresies, False accusers, Guile.	
GREED	Envy, Covetous/Greedy, Covetous, Incontinent, Extortioners/swindlers, Thieves.	
LUST	Lust, Lasciviousness, Drunkards.	
WRATH	Hatred, Wrath, Contentions, Murderers, Blasphemers, Variance/Contentions, Fierce, Dissensions, Emulations, Seditions.	
LAZINESS	Lazy, slothful.	
FEAR	Cowardly, fearful.	

PRIDE



<p>REVELRY</p>	<p>Revelry: A nocturnal and riotous procession of half drunken and frolicsome fellows who after supper parade through the streets with torches and music in honour of Bac-chus or some other deity, and sing and play before houses of male and female friends, generally of feasts and drinking parties that go on until late at night and indulge in revelry and riotous behaviour, a carousal (as if letting loose).</p> <p><u>Scripture reference:</u> 1 Cor 6:9-10. <u>Strong's number:</u> G2970 – kōmos.</p> <p><u>Related Scripture:</u> "Know ye not that the unrighteous shall not inherit the kingdom of God? Be not deceived: neither...revilers, nor extortioners, shall inherit the kingdom of God." 1 Cor 6:9-10.</p>
<p>BOASTERS</p>	<p>Boasters: An empty pretender, a boaster, a person who boasts about their achievements or possessions.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> Strong's G213 – alazōn.</p> <p><u>Related Scripture:</u> "...For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy..." 2Ti 3:2-5.</p>
<p>PROUD</p>	<p>Proud: Showing oneself above or seeing oneself superior to others, attracting notice or attention above others, wanting to be of a higher rank or importance than others, showing excessive confidence or pride in estimating one's own means or merits, despising others or treating them with contempt, haughty.</p> <p><u>Scripture references:</u> 2Ti 3:1-5, Jam 4:6. <u>Strong's number:</u> G5244 – hyperēphanos.</p> <p><u>Related Scripture:</u> "But he gives greater grace. Therefore he says, God resists the proud, but gives grace unto the humble." Jam 4:6.</p>
<p>STRIFE/ SELFISH AMBITION</p>	<p>Strife/Selfish ambition: A self-seeking desire to put oneself forward through their own selfish ambition or excessive pride in oneself. Paul exhorts the church to be of a humble mind.</p> <p><u>Scripture references:</u> Phl 2:3, Jam 3:14. <u>Strong's number:</u> G2052 - eritheia.</p> <p><u>Related Scriptures:</u> "Let nothing be done through selfish ambition/Strife or conceit/vainglory, but in lowliness of mind let each esteem others better than himself." Phl 2:3. "But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth." Jam 3:14.</p>
<p>LOVERS OF SELF</p>	<p>Lovers of self: Loving oneself, too intent on one's own interest, selfish.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> G5367 – philautos.</p> <p><u>Related Scripture:</u> "...For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy..." 2Ti 3:2-5.</p>
<p>UNTHANKFUL</p>	<p>Unthankful: Ungracious, unpleasing, ungrateful.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5 <u>Strong's number:</u> G884 – acharistos.</p> <p><u>Related Scripture:</u> "...For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy..." 2Ti 3:2-5.</p>
<p>HEADY</p>	<p>Heady: To fall forwards, headlong, sloping, hastily and without careful consideration, rash, reckless.</p> <p><u>Scripture references:</u> 2Ti 3:1-5, Act 19:36. <u>Strong's number:</u> G4312 – propeētēs.</p> <p><u>Related Scriptures:</u> "Seeing then that these things cannot be spoken against, ye ought to be quiet, and to do nothing rashly/heady." Act 19:36.</p>
<p>HIGHMINDED/ PROUD</p>	<p>Highminded: To be proud, puffed up with pride, being arrogantly superior, rude and disrespectful.</p> <p><u>Scripture references:</u> 2Ti 3:1-5, 1Ti 3:6. <u>Strong's number:</u> G5187 – typhoō.</p> <p><u>Related Scriptures:</u> "Not a novice, lest being lifted up with pride he fall into the condemnation of the devil." 1Ti 3:6.</p>

SORCERY	<p>Sorcery: To be a magician, to practice magical arts. It is what Simon used to bewitch the people of Samaria so that they would think that he was a great person flowing with the power of God.</p> <p><u>Scripture references:</u> Rev 21:7-8, Act 8:9-10 <u>Strong's number:</u> G3096 – mageuō.</p> <p><u>Related Scripture:</u> “But there was a certain man, called Simon, which beforetime in the same city used sorcery, and bewitched the people of Samaria, giving out that himself was some great one: To whom they all gave heed, from the least to the greatest, saying, This man is the great power of God.” Act 8:9-10.</p>
UNLOVING	<p>Without natural affection: Unloving, hard-hearted towards kindred.</p> <p><u>Scripture references:</u> 2Ti 3:3, 2Ti 3:1-5. <u>Strong's number:</u> G794 – astorgos.</p> <p><u>Related Scripture:</u> “This know also, that in the last days perilous times shall come. For men shall be...Without natural affection/unloving, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,...” 2Ti 3:1-3.</p>
DESPISERS	<p>Despisers of those that are good: Opposed to goodness and good men.</p> <p><u>Scripture reference:</u> 2Ti 3:1-3. <u>Strong's number:</u> G865 – aphilagathos.</p> <p><u>Related Scripture:</u> “This know also, that in the last days perilous times shall come. For men shall be...Without natural affection/unloving, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,...” 2Ti 3:1-3.</p>

REBELLIOUS



LEWDNESS	<p>Lewdness: An evil plan, wickedness, a mischievous purpose, not chaste, adultery, idolatry, harlotry.</p> <p><u>Scripture reference:</u> Gal 5:19-21. <u>Strong's number:</u> H2154 – zimmâ.</p> <p><u>Related Scripture:</u> “Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness...that those who practice such things will not inherit the kingdom of God.” Gal 5:19-21.</p>
DISOBEDIENT	<p>Disobedient: Not being able to be moved by persuasion, not keen to agree with others or obey rules, not in accordance with rules or standards, being disobedient by refusing to obey rules or someone in authority, stubbornly or willfully disobedient to authority, cannot be persuaded or convinced.</p> <p><u>Scripture reference:</u> 2Ti 3:2-5. <u>Strong's number:</u> G545 – apeithēs, G1118 – goneus.</p> <p><u>Related Scripture:</u> “...For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy...” 2Ti 3:2-5.</p>
UNBELIEVING	<p>Unbelieving: Unfaithful, faithless, without trust in God, untrustworthy.</p> <p><u>Scripture reference:</u> Rev 21:8. <u>Strong's number:</u> G571 – apistos. <u>Related Scripture:</u> “But the fearful, and unbelieving...shall have their part in the lake which burneth with fire and brimstone: which is the second death.” Rev 21:8.</p>
TRUCEBREAKER	<p>Trucebreakers/implacable: Without a treaty or covenant, that cannot be persuaded to enter into a covenant, unable to be appeased or placated, without libation (which usually accompanied a treaty), truceless.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> G786 – aspondos, a derivative of G4689.</p> <p><u>Related Scripture:</u> “This know also, that in the last days perilous times shall come. For men shall be...Without natural affection/unloving, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good,...” 2Ti 3:1-3.</p>
WITCHCRAFT	<p>Witchcraft: The use or the administering of drugs, poisoning, sorcery, magical arts, often found in connection with idolatry and fostered by it, the deceptions and seductions of idolatry, medication (“pharmacy”).</p> <p><u>Scripture reference:</u> Gal 5:20. <u>Strong's number:</u> G5331 – pharmakeia. <u>Related Scripture:</u> “... Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies...” Gal 5:20.</p>

UNFAITHFUL



<p>ADULTERER</p>	<p>Adulterer: Someone who is faithless toward God and/or cheats on their marriage or lusts after another person.</p> <p><u>Scripture references:</u> 1Co 6:9, Heb 13:4, Jas 4:4, Mat 5:27-28. <u>Strong's number:</u> G3432 – moichos. <u>Related Scriptures:</u> "Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge." Heb 13:4. "...whoever looks at a woman to lust for her has already committed adultery with her in his heart." Mat 5:27-28.</p>
<p>FORNICATION</p>	<p>Fornication: Indulging in Biblically unlawful sexual intercourse. Which constitutes anything that is outside of Gods design for marriage (a man and a woman joining in marriage) such as a woman and a man being sexually intimate outside of marriage, homosexuality, intercourse with animals, close relatives, spiritually the worship of idols, the defilement of idolatry by eating the sacrifices offered to idols etc.</p> <p><u>Scripture references:</u> Gal 5:19-21, Lev 18, 1Co 5:1, 1Co 6:13, 1Co 6:18, Jde 1:7, Rev 14:8, Rev 17:2, 1Ti 1:10, 1Co 6:9, Mk 10:11-12, 1Co 7:2. <u>Strong's number:</u> G4205 – pornos & G4202 – porneia. <u>Related Scriptures:</u> "Flee sexual immorality..." 1Co 6:18. "...the unrighteous will not inherit the kingdom of God...Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites..." 1Co 6:9.</p>
<p>IDOLATER</p>	<p>Idolaters: A worshipper of false gods, used of any one even Christian, participant in any way in the worship of the heathen, especially one who attends their sacrificial feasts and eats of the sacrificed foods, also a covetous man as a worshipper of Mammon (money).</p> <p><u>Scripture references:</u> Rev 21:7-8, 1 Cor 10:7, Eph 5:5. <u>Strong's number:</u> G1496 – eidōlatrēs. <u>Related Scriptures:</u> "...no...covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God." Eph 5:5. "...the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death." Rev 21:7-8.</p>
<p>TRAITOR</p>	<p>Traitors: A betrayer, traitor, in the sense of giving forward into another's (the enemy's) hands, a surrender.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> G4273 – prodotēs, from G4272. <u>Related Scriptures:</u> "But know this, that in the last days perilous times will come: For men will be...traitors...from such people turn away!" 2Ti 3:1-5.</p>
<p>LOVER OF PLEASURE OVER GOD</p>	<p>Lovers of pleasures more than lovers of God: Loving pleasure, fond of pleasure, relating to or characterized by luxury or sensual pleasure.</p> <p><u>Scripture references:</u> 2Ti 3:1-5, Rev 18:7. <u>Strong's number:</u> G5369 – philēdonos. <u>Related Scriptures:</u> "...men will be...lovers of pleasure rather than lovers of God...from such people turn away!" 2Ti 3:1-5. "For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies (G4764 – strēnos: luxury)", "How much she hath glorified herself, and lived deliciously (G4763 – strēniaō: a sexually unrestrained woman, to live luxuriously), so much torment and sorrow give her..." Rev 18:7.</p>

UNHOLY



<p>UNCLEANNES</p>	<p>Uncleanness: Living in willful and unrepentant sin, unclean in thought and in the physical, impure motives, the impurity of lustful, luxurious, profligate (extravagant or wasteful in the use of resources) living.</p> <p><u>Scripture references:</u> Gal 5:19-21, Rom 6:19, 1Th 4:7. <u>Strong's number:</u> G167 – akatharsia.</p> <p><u>Related Scriptures:</u> "For God hath not called us unto uncleanness, but unto holiness." 1Th 4:7. "Now the works of the flesh are evident, which are: ...uncleanness...of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God." Gal 5:19-21.</p>
<p>ABOMINABLE</p>	<p>Abominable: Defiling/polluting yourself by eating unclean food as defined in the Bible, continually willfully sinning, committing idolatry.</p> <p><u>Scripture references:</u> Lev 20:25, Isa 65:4, Eze 4:14, Isa 66:17, Job 15:16, 1Pe 4:3. <u>Strong's number:</u> G948 – bdelyssō. <u>Related Scriptures:</u> "...ye shall not make your souls abominable by beast, or by fowl, or by any manner of living thing that creepeth on the ground, which I have separated from you as unclean." Lev 20:25. "Then said I, Ah Lord GOD! behold, my soul hath not been polluted: for from my youth up even till now have I not eaten of that which dieth of itself, or is torn in pieces; neither came there abominable flesh into my mouth." Eze 4:14. "How much more abominable and filthy is man, which drinketh iniquity like water?" Job 15:16. "...abominable idolatries..." 1Pe 4:3.</p>
<p>UNHOLY</p>	<p>Unholy: Unholy, showing a lack of respect for God or religion, wicked.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> G462 – anosios.</p> <p><u>Related Scripture:</u> "But know this, that in the last days perilous times will come: For men will be... unholy...from such people turn away!" 2Ti 3:1-5.</p>
<p>CORRUPT COMMUNICATION</p>	<p>Corrupt communication: Rotten, worthless (literally or morally), bad, corrupt speech.</p> <p><u>Scripture reference:</u> Eph 4:29. <u>Strong's number:</u> G4550 – sapos.</p> <p><u>Related Scripture:</u> "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Eph 4:29.</p>
<p>UNRIGHTEOUS</p>	<p>Unrighteous: Descriptive of one who violates or has violated justice, unjust, unrighteous, sinful, of one who deals fraudulently with others, deceitful.</p> <p><u>Scripture reference:</u> 1Co 6:9. <u>Strong's number:</u> G94 – adikos.</p> <p><u>Related Scripture:</u> "Do you not know that the unrighteous will not inherit the kingdom of God?" 1Co 6:9.</p>

FEAR



<p>COWARDLY</p>	<p>Cowardly: Fearful, timidity, cowardice, faithless, Christians who through cowardice give way under persecutions and renounce their faith.</p> <p><u>Scripture references:</u> Rev 21:8, Mat 8:26, Mar 4:40. <u>Strong's number:</u> G1169 – deilos.</p> <p><u>Related Scriptures:</u> "But the cowardly, unbelieving...shall have their part in the lake which burns with fire and brimstone, which is the second death." Rev 21:8.</p>
<p>FEAR</p>	<p>Fear: Fear, dread, terror, that which strikes terror, reverence for one's husband, be afraid.</p> <p><u>Scripture references:</u> Rom 8:15, 2Ti 1:7, Heb 13:6, 1Jo 4:18, Rev 2:10. <u>Strong's number:</u> G5401 - phobos. <u>Related Scriptures:</u> "For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." Rom 8:15. "For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2Ti 1:7.</p>

LIES



SLANDERER	<p>Slanderers: Accusing falsely, false accusations. <u>Scripture references:</u> 1Ti 3:11, Tit 2:3. <u>Strong's number:</u> G1228 – diabolos. <u>Related Scriptures:</u> “Even so must their wives be grave, not slanderers, sober, faithful in all things.” 1Ti 3:11.</p>
WHISPERER	<p>Related: Whisperer: A whisperer, secret slanderer, someone who criticizes something or someone, often unfairly. <u>Scripture reference:</u> Pro 16:28. <u>Strong's number:</u> G5588 – psithyrístēs. <u>Related Scripture:</u> “A froward man soweth strife: and a whisperer separateth chief friends.” Pro 16:28.</p>
LIAR	<p>Liars: Lying, deceitful, false, erroneous. <u>Scripture references:</u> Mic 6:12, 1Ti 4:2, Rev 2:2, Rev 21:8. <u>Strong's number:</u> G5571 – pseudēs. <u>Related Scriptures:</u> “But...all liars shall have their part in the lake which burns with fire and brimstone, which is the second death.” Rev 21:8.</p>
HERESIES	<p>Heresies: Act of taking capture, one's opinion, thought and course of action which goes against the true teachings of the Bible. (Causes divisions and different sects of Christianity/ Judaism) <u>Scripture references:</u> 2Pe 2:1, Gal 5:19-21. <u>Strong's number:</u> G139 – hairesis. <u>Related Scripture:</u> “But there were false prophets also among the people, even as there shall be false teachers among you, who privily shall bring in damnable heresies, even denying the Lord that bought them, and bring upon themselves swift destruction.” 2Pe 2:1.</p>
FALSE ACCUSER	<p>False accusers: Prone to slander, slanderous, accusing falsely, to utter maliciously false statements, charges, or accusations, to injure the reputation of someone, applied to a man who by opposing the cause of God may be said to act the part of the devil or to side with him. <u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> G1228 – diabolos. <u>Related Scriptures:</u> “This know also, that in the last days perilous times shall come. For men shall be...false accusers...from such turn away.” 2Ti 3:1-5.</p>
GUILE	<p>Guile: Deceit, false, guile, subtly, treachery. Using dishonest methods to achieve your aims. <u>Scripture references:</u> Psa 34:13, Jer 9:8 <u>Strong's number:</u> H4820 - mirmâ. <u>Related Scriptures:</u> “Keep thy tongue from evil, and thy lips from speaking guile.” Psa 34:13. “Their tongue is as an arrow shot out; it speaketh deceit: one speaketh peaceably to his neighbour with his mouth, but in heart he layeth his wait.” Jer 9:8.</p>

LAZINESS



LAZY / SLOTHFUL	<p>Lazy: Negligent in the performance of work or duty. Betrayal of trust: deceit, false, guile. Idle, slack: a lack of work or activity, a spell of inactivity or laziness. Slothful. Sluggish: Slow to respond or make progress, lacking energy or alertness, slow-moving or inactive. Backward: having made less progress than is normal or expected. <u>Scripture references:</u> Mat 25:26-30, Pro 15:19, Pro 20:4, Pro 26:14, Pro 10:26, Pro 12:24. <u>Strong's number:</u> H7423 - rāmîyâ. G3636 - oknēros. <u>Related Scriptures:</u> “But his lord answered and said to him, ‘You wicked and lazy servant, you knew that I reap where I have not sown, and gather where I have not scattered seed...’And cast the unprofitable servant into the outer darkness. There will be weeping and gnashing of teeth.” Mat 25:26-30. “The hand of the diligent will rule, But the lazy man will be put to forced labor.” Pro 12:24.</p>
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GREED



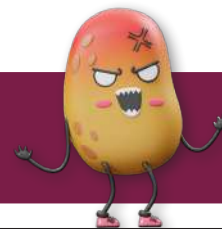
ENVY	<p>Envy: Envy, jealousy, spite.</p> <p>Scripture references: Gal 5:19-21, Pro 14:30, Act 7:9, Mar 15:10. Strong's number: G5355 – phthonos. Related Scriptures: "...the works of the flesh are...Envyings...they which do such things shall not inherit the kingdom of God." Gal 5:19-21.</p>
EMULATIONS	<p>Emulations: Zeal, pursuing, defending a person or thing, fierceness of indignation, inflicting of punishment, an envious and contentious rivalry, jealousy, passionate intensity of heat.</p> <p>Scripture references: 1Co 3:3, Jam 3:16, 2Co 12:20. Strong's number: G2205 – zēlos.</p> <p>Related Scriptures: "For ye are yet carnal: for whereas there is among you envying...are ye not carnal..." 1Co 3:3. "...where envying and strife is, there is confusion and every evil work." Jam 3:16.</p>
COVETOUS	<p>Covetous: Loving money, extreme greed for wealth or material gain, fond of silver (money).</p> <p>Scripture references: 2Ti 3:1-5, Luk 16:14. Strong's number: G5366 – philargyros.</p> <p>Related Scriptures: "...men shall be covetous/lovers of money...from such turn away." 2Ti 3:1-5.</p>
GREEDY	<p>Related to idolaters: Covetous/Greedy: One eager to have more, especially of what belongs to others. Greedy of gain, desiring more, having an extreme greed for wealth or material gain.</p> <p>Scripture reference: 1 Cor 6:9-10. Strong's number: G4123 – pleonektēs.</p> <p>Related Scripture: "Know ye not that the unrighteous shall not inherit the kingdom of God... neither...covetous...shall inherit the kingdom of God." 1 Cor 6:9-10.</p>
INCONTINENT	<p>Incontinent: Without self-control.</p> <p>Scripture reference: 2Ti 3:1-5. Strong's number: G193 – akratēs, G2904; powerless.</p> <p>Related Scripture: "...men shall be...incontinent...from such turn away." 2Ti 3:1-5.</p>
SWINDLER	<p>Extortioners/swindlers: Dishonest gain of money or gifts, aggressively greedy, a robber, a thief, greedily gained of thy neighbours by extortion, extortion and excess.</p> <p>Scripture references: 1 Cor 6:9-10, Eze 22:12-13, Mat 23:25. Strong's number: G727 – harpax.</p> <p>Related Scriptures: "...shall not inherit the kingdom of God...neither...extortioners..." 1 Cor 6:9-10.</p>
THIEVES	<p>Thieves: Stealing/taking something that does not belong to you, thief, an embezzler.</p> <p>Scripture references: 1 Cori 6:9-10, Mat 6:19, Jhn 10:8. Strong's number: G2812 – kleptēs.</p> <p>Related Scripture: "Know ye not that the unrighteous shall not inherit the kingdom of God... neither...thieves..." 1 Cor 6:9-10.</p>

LUST



LUST	<p>Lust: Insatiable desire, craving, longing, desire for what is forbidden. Also adultery of heart. Driven by a love for pleasure.</p> <p>Scripture references: Mat 5:28, Psa 78:18, Pro 6:25, Rom 7:7. Strong's number: G1939 – epithymia. Related Scriptures: "...they tempted God in their heart by asking meat for their lust." Psa 78:18. "Lust not after her beauty in thine heart..." Pro 6:25.</p>
LASCIVIOUSNESS	<p>Lasciviousness: Unbridled lust, excess, licentiousness: excessive unrestrained behavior, shamelessness, rude and disrespectful, gluttony, sexual indulgence.</p> <p>Scripture references: Gal 5:19, 1Pe 4:3, 2Pe 2:18. Strong's number: G766 – aselgeia.</p> <p>Related Scriptures: "For the time past of our life may suffice us to have wrought the will of the Gentiles, when we walked in lasciviousness, lusts, excess of wine, revellings, banquetings, and abominable idolatries." 1Pe 4:3.</p>
DRUNKARD	<p>Drunkards: Drunken, to drink alcohol or another substance to the point of intoxication.</p> <p>Scripture references: 1Co 6:10, Pro 23:21. Strong's number: G3183 – methysos, G3184 – methyō. Related Scriptures: "Nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God." 1Co 6:10.</p>

WRATH



FIERCE	<p>Fierce: Not tame, savage, violent and uncontrolled, a brutal or vicious person, especially of a dog or wild animal attacking ferociously and mauling.</p> <p><u>Scripture reference:</u> 2Ti 3:1-5. <u>Strong's number:</u> G434 – anēmeros <u>Related Scripture:</u> "...in the last days perilous times shall come. For men shall be...fierce...from such turn away." 2Ti 3:1-5.</p>
WRATH	<p>Wrath: Anger boiling up and subsiding again, inflaming wine (which either drives the drinker mad or kills him with its strength), passion (as if breathing hard) fierceness, indignation.</p> <p><u>Scripture references:</u> Eph 6:4, Eph 4:26, Jas 1:19, Jas 1:20. <u>Strong's number:</u> G2372 – thymos. <u>Related Scriptures:</u> "Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath." Jas 1:19. "For the wrath of man worketh not the righteousness of God." Jas 1:20.</p>
HATRED	<p>Hatred: Enmity, cause of enmity, hostility.</p> <p><u>Scripture references:</u> Psa 109:3, Pro 10:12, Pro 10:18, Eze 35:11, Pro 26:26, Gal 5:19-21. <u>Strong's number:</u> G2189 – echthra. <u>Related Scriptures:</u> "Now the works of the flesh are manifest, which are these...hatred...they which do such things shall not inherit the kingdom of God." Gal 5:19-21. "Hatred stirreth up strifes: but love covereth all sins." Pro 10:12.</p>
DISSENSIONS	<p>Dissensions/Seditions: Divisions, not unified together as one.</p> <p><u>Scripture references:</u> Gal 5:19-21, Rom 16:17, 1Co 3:3. <u>Strong's number:</u> G1370 – dichostasia. <u>Related Scriptures:</u> "For ye are yet carnal: for whereas there is among you envying, and strife, and divisions, are ye not carnal, and walk as men?" 1Co 3:3.</p>
CONTENTIONS	<p>Contentions: Strife, a quarrel, debate, variance.</p> <p>Related: Variance: Contention, strife, wrangling, a quarrel, debate, variance.</p> <p><u>Scripture references:</u> Gal 5:19-21, Tit 3:9. <u>Strong's number:</u> G2054 – eris, G2052 – eritheia. <u>Related Scriptures:</u> "...avoid foolish questions, and genealogies, and contentions..." Tit 3:9.</p>
MURDER	<p>Murderers: A murderer, a homicide, slaughter.</p> <p><u>Scripture references:</u> Psa 10:8, Deu 27:25, Gal 5:19-21. <u>Strong's number:</u> G5408 – phonos, G5406 – phoneus. <u>Related Scriptures:</u> "...works of the flesh are...murders...that those who practice such things will not inherit the kingdom of God." Gal 5:19-21.</p>
BLASPHEMER	<p>Blasphemers: Speaking evil, slanderous, reproachful and abusive things about someone, making or spreading scandalous claims about someone with the intention of damaging their reputation, false and defamatory claims against men, or specially showing a lack of respect for God (which is also not honouring your Father) or religion.</p> <p><u>Scripture references:</u> 2Ti 3:1-5, 1Ti 1:13. <u>Strong's number:</u> G989 – blasphemōs: from a derivative of G984 and G5345. <u>Related Scriptures:</u> "...in the last days perilous times will come: For men will be...blasphemers...from such people turn away!" 2Ti 3:1-5.</p>
EMULATIONS	<p>Emulations: Zeal, pursuing, defending a person or thing, fierceness of indignation, inflicting of punishment, an envious and contentious rivalry, jealousy, passionate intensity of heat.</p> <p><u>Scripture reference:</u> Gal 5:19-21 <u>Strong's number:</u> G2205 – zēlos. <u>Related Scripture:</u> "Now the works of the flesh are manifest, which are these...emulations...that they which do such things shall not inherit the kingdom of God." Gal 5:19-21.</p>

List the sins that you need to confess and work on overcoming:

Example:

Sin: Lust for foods

Repentance plan: Ween yourself off of foods that contain addictive chemicals / move on to whole foods / eat foods that will fill you so you are not continually hungry / keep healthy snacks on you at all times so you are not tempted by what is around you etc.

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

Sin: _____

Repentance plan: _____

BEWARE OF THE LUSTS OF THE WORLD

“For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,” Titus 2:11-12.

Not all of these things are a sin, but the question is “do they cause you to sin?” Does a lot of makeup produce pride/vanity in you? Does alcohol cause you to have wrath and fight? Does shopping for more than your basic needs cause greed/covetousness? Does sugar and fast food make you overindulge and get so tired so you can't pray to God, worship and read the Bible? Moderation is the key, self control and discipline - but if this is not working then run far away from it. Jesus said: “And if your eye causes you to sin, pluck it out. It is better for you to enter the kingdom of God with one eye, rather than having two eyes, to be cast into hell fire” Mar 9:47. Understanding why you do what you do is the key so going to a Christian Counsellor can be very helpful in getting to the root of the problem. “Plans fail for lack of counsel, but with many advisers they succeed.” Pro 15:22.



SELLING



WORK

BUYING



GAMBLING



ITEMS / EXCESS



SHOPPING

LUXURY & COMFORT



LAZINESS



HOLIDAYS

ENTERTAINMENT



SOCIAL MEDIA



GAMING



TV

SEXUALITY



LUST/ADULTERY



FORNICATION

IMAGE



HAIR & MAKEUP



EGO /
YOUR IMAGE



CLOTHING &
ACCESSORIES

FOOD & DRINK (ALSO CHEMICALS)



DELICACIES/SUGAR



FAST FOOD/
INDULGENCE



CAFFEINE



ALCOHOL

CHEMICALS



SMOKING



DRUGS

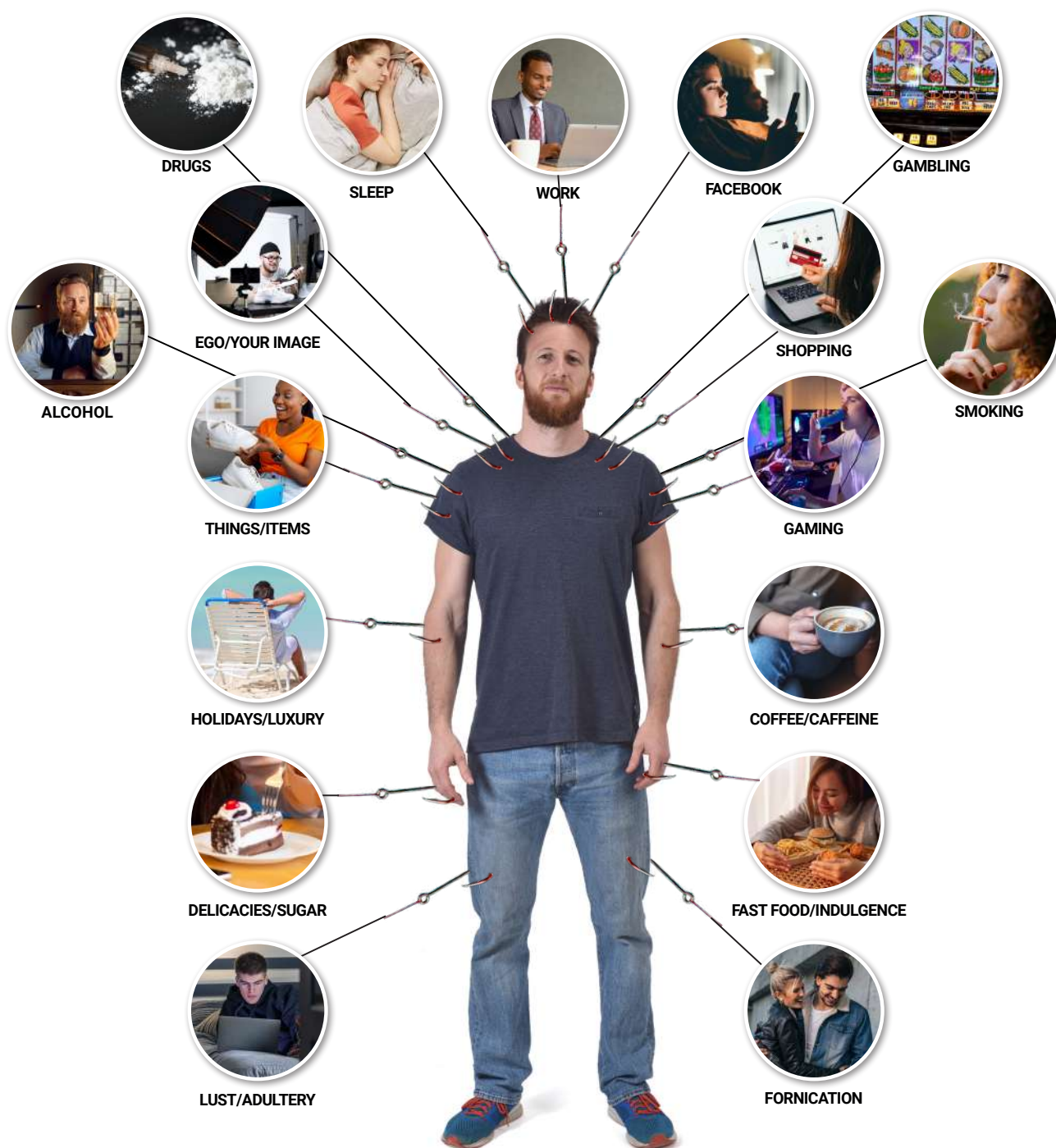
Worldly Lusts Becoming Idols

How to spot an idol:

- Where do I spend my time?
- Where do I spend my money?
- Where do I get my joy?
- Whats always on my mind?
- What would I not be able to stop easily?

Common idols today:

- Pursuit of our identity our ego who people perceive us to be (Social Media)
- Money - the pursuit of money
- Entertainment - Netflix, news, phones
- Food and drink, restaurants, holidays
- Sex - lust, visuals, porn, relationships
- Comfort - Sleep, comfortable living



Therefore the Lord said: "Inasmuch as these people **draw near with their mouths And honor Me with their lips, But have removed their hearts far from Me...**" Isaiah 29:13, "...they have turned to Me the back, and not the face; though I taught them, rising up early and teaching them, yet they have not listened to receive instruction." Jer 32:33

Do you have a problem with any of the below? If so, what would you do to solve it?

SELLING



WORK

E.g. Balance between work and spiritual life. Whose kingdom you are building - your own or God's? "Give me an eagerness for your laws rather than a love for money!" Psa 119:36.

ENTERTAINMENT



SOCIAL MEDIA

E.g. Set time limits. Infinite scrolling effects your sleep and the next day - you don't know what it will bring. "...be ready always to give an answer to every man that asketh you a reason of the hope that is in you..." 1 Pet 3:15

BUYING



GAMBLING

E.g. God is your provider, don't chase money it is the root of all evil, set a limited budget until you can stop and fully trust God "A hard worker has plenty of food, but a person who chases fantasies has no sense." Pro 12:11.



GAMING

E.g. Set time limits so it does not take God's time from Him. Choose your games carefully - if "...Bad company corrupts good morals." 1 Cor 15:33 then how does an evil game effect you?



ITEMS / EXCESS

E.g. Become minimalist, only your basic needs, "Do not store up for yourselves treasures on earth...For where your treasure is, there your heart will be also." Mat 6:21.



TV

E.g. Set time limits so it does not take God's time. Choose what you watch carefully - "Abstain from all appearance of evil." 1 Thes 5:22. Is it feeding the flesh or the spirit?



E.g. Buy only your basic needs. "Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." Luk 12:15.



LUST/ADULTERY

E.g. Read the Bible, pray and worship - God will remove sinful desires. "...whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." Mat 5:28. "Flee also youthful lusts..." 2 Tim 2:22.

LUXURY & COMFORT



LAZINESS

E.g. Work towards a goal. Having a shower/going for a walk wakes you up. "Then he said to them, "The hand of the diligent will rule, But the lazy man will be put to forced labor." Pro 12:24.



FORNICATION

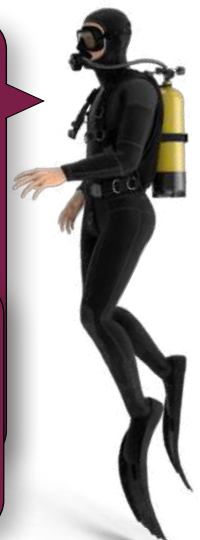
E.g. If no self control "...because of sexual immorality, let each man have his own wife, and let each woman have her own husband." 1 Cor 7:2



HOLIDAYS

E.g. Limit many holidays. We're in a spiritual war. "No one engaged in warfare entangles himself with the affairs of this life..." 2 Tim 2:4

"For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world." 1 Jon 2:16.



Going into the world is like deep sea diving in cold water - you need to wear a strong water proof suit to keep you warm and protected. What measures will you put in place to protect yourself? "Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul..." 1 Pet 2:11. "...having escaped the corruption that is in the world through lust." 2 Pet 1:4.

FOOD & DRINK (ALSO CHEMICALS)



DELICACIES/SUGAR

E.g. Swap sugar with sugar substitutes or natural items like fruit. Fasting also helps to reset your taste buds and remove cravings. "It is not good to eat much honey..." Pro 25:27.



FAST FOOD/INDULGENCE

E.g. Limit fast foods. Practice self control through fasting. "whose end is destruction, whose god is their belly, and whose glory is in their shame - who set their mind on earthly things." Phi 3:19.



CAFFEINE

E.g. Choose decaf options or a natural decaf option such as Rooibos tea etc. "All things are lawful for me, but all things are not helpful. "... things are lawful for me, but I will not be brought under the power of any." 1 Cor 6:12.



ALCOHOL

E.g. If you are sad and looking for the good feeling alcohol gives, worship God instead "And be not drunk with wine, wherein is excess; but be filled with the Spirit;" Eph 5:18.

CHEMICALS



SMOKING

E.g. Cut back, use nicotine gum, find a substitute to ween you off. A Christian Counselor may help see the root cause. "...things are lawful for me, but I will not be brought under the power of any." 1 Cor 6:12.



DRUGS

E.g. Seek professional help to stop. Drugs damage the brain making it harder to feel normal without them. Worshipping God is a natural high. "You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore." Psa 16:11.

IMAGE



HAIR & MAKEUP

E.g. Limit makeup until you aren't causing vanity in your soul and tempting your brothers in Christ to sin. "...beauty should not come from outward adornment...it should be that of your inner self... beauty of a gentle and quiet spirit, which is of great worth in God's sight." 1 Pet 3:4



EGO / YOUR IMAGE

E.g. Don't push self promotion. "For those who exalt themselves will be humbled, and those who humble themselves will be exalted." Mat 23:12. "...men shall be lovers of their own selves..." 2 Tim 3:2.



CLOTHING & ACCESSORIES

E.g. Avoid clothing that draws attention to yourself for your own self gratification. "Am I now trying to win the approval of human beings, or of God?..." Gal1:10.

"Whoever has no rule over his own spirit is like a city broken down, without walls." Pro 25:28.



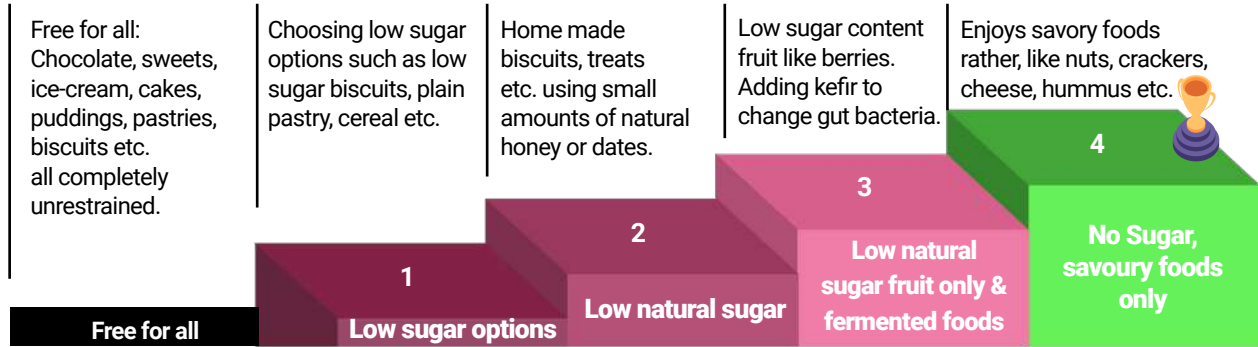


You may find some things easy to change, quit or substitute, but other things may be a little harder because it has been a part of your life for many years. You may need to ween yourself off of the things you are struggling to control and replace it with a substitute. For example: If vanity/pride with makeup is an issue for you, wear less and less makeup until you reach the point where you no longer have the feelings of vanity/pride rise up within you. Below is an example about overcoming sugar addiction, the longer you stay in zone 4 the easier it becomes.

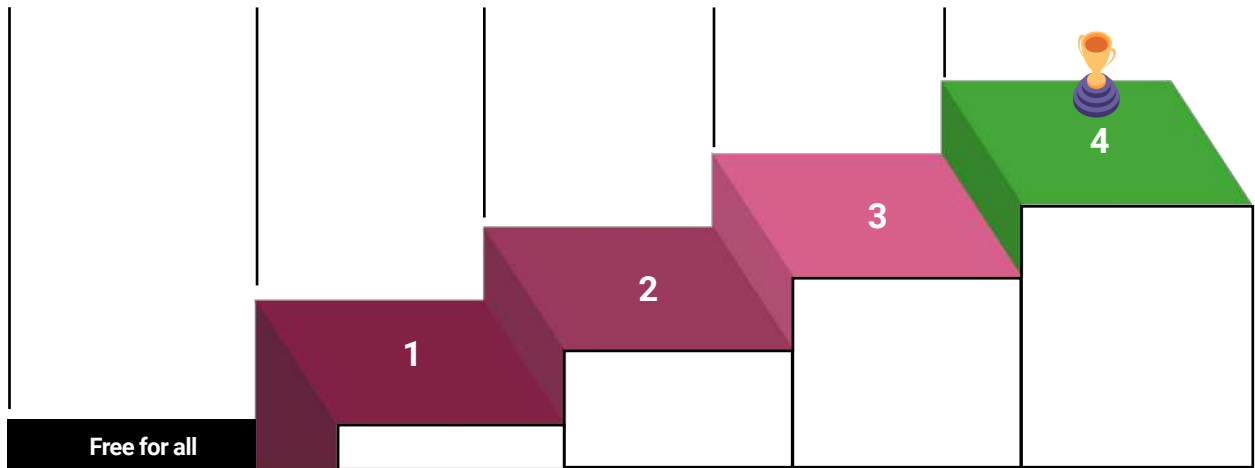
The other two diagrams below are for you to make your own goals.

Example:

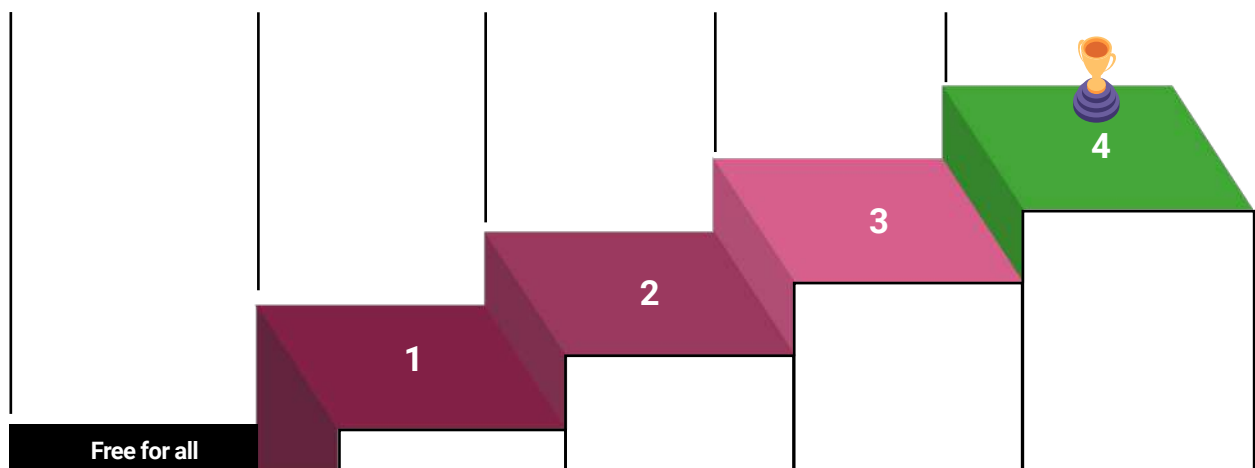
GOAL: Overcoming Sugar Addiction



GOAL: _____



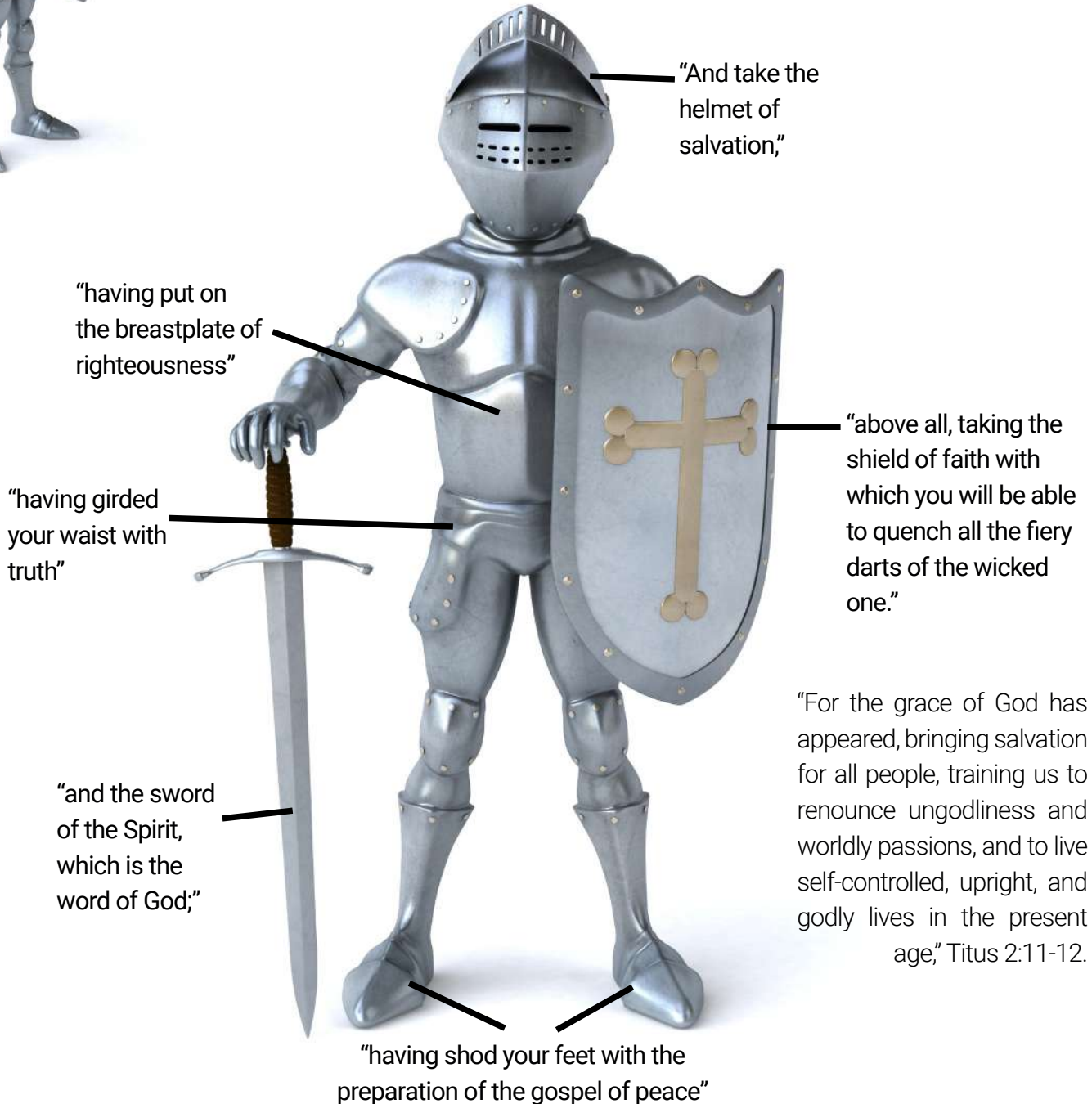
GOAL: _____





YOUR PROTECTION

"You are going to need to put on the Full Armor of God - there is a war on at the moment on the earth, but what an honor it is to fight or even die for our country and our King!"



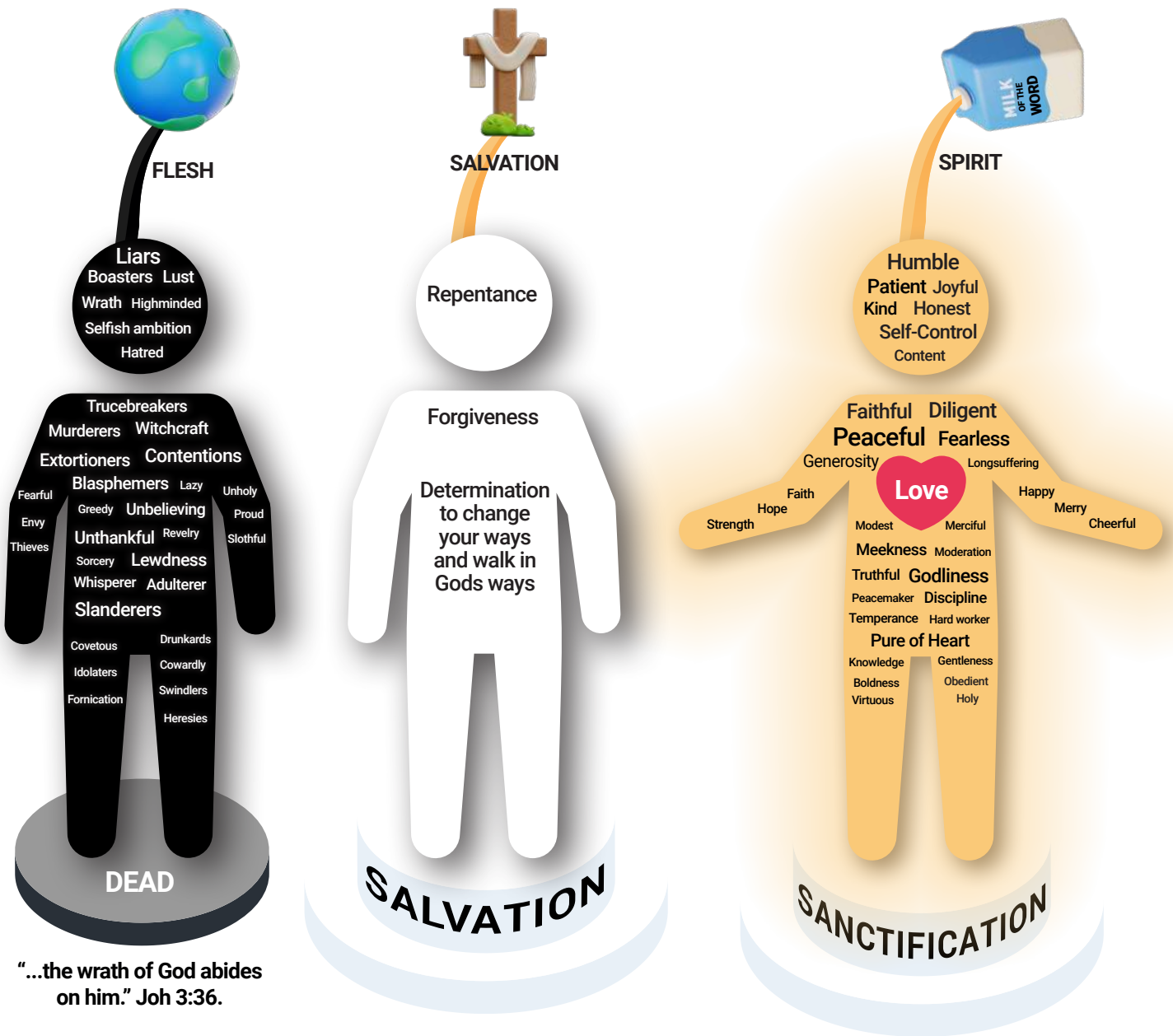
"For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age," Titus 2:11-12.

"Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand... praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints." Eph 6:10-18.



THE PROCESS OF SANCTIFICATION

Remember that "...by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast." Eph 2:8-9. Salvation is not something we can earn, it is a gift from God, but God also desires that we walk in holiness, set ourselves apart from the world, renew our minds and learn what God's good, acceptable and perfect will is: "... present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Rom 12:1-2. "For this is the will of God, your sanctification..." 1 Thes 4:1.



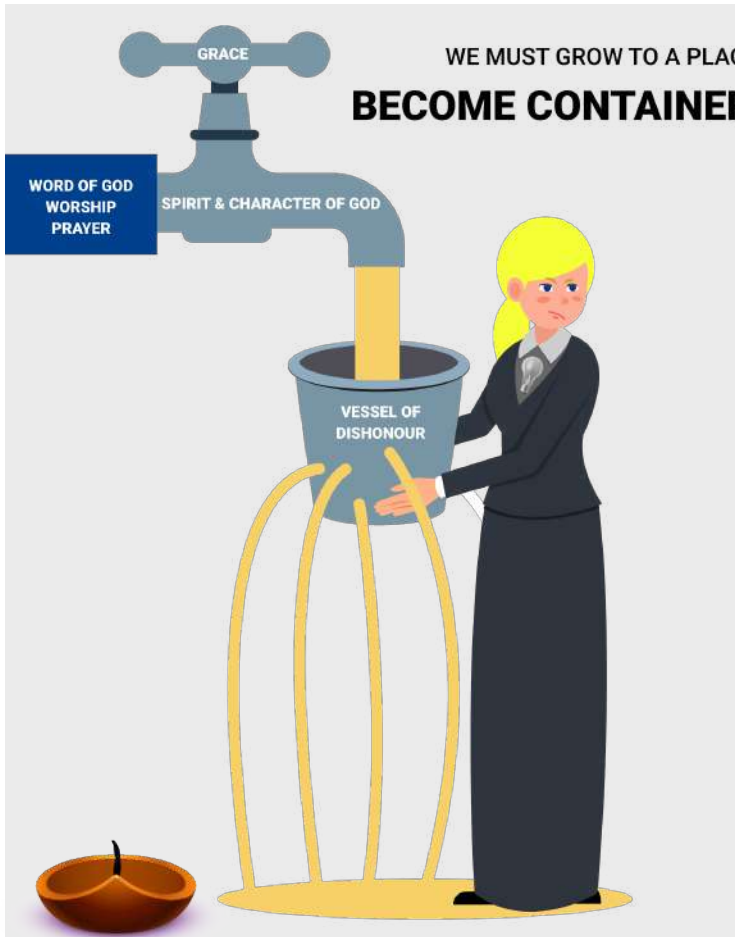
"...the wrath of God abides on him." Joh 3:36.

"Then Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me." Mat 16:24.



Becoming a container for God's Spirit

In these last days, Jesus tells us that "...lawlessness will abound, the love of many will grow cold. But he who endures to the end shall be saved." Mat 24:6-13. A crucial part of "enduring to the end" and being considered a "wise virgin" (Important: read Mat 7:21-23) in a time when many people around you are filled with lawlessness and hatred is to be filled to the brim with God's Spirit on a daily basis. It is His Spirit that gives us peace, love and joy amongst hatred and negativity in this great spiritual darkness. It is by being close to God that makes walking in His Spirit an effortless outpouring of what is already within us. No amount of self-help and "methods" will work if we do it apart from God. If we "leak" God's Spirit and become filled with darkness, we may end like the foolish virgins in Mat 24:6-13. Our vessels will be thoroughly tested for leaks (Heb 12:6). "And the disciples were filled with joy and with the Holy Spirit." Act 13:52 and "be filled with the Spirit," Eph 5:18.



"For My people have committed two evils: They have forsaken Me, the fountain of living waters, And hewn themselves cisterns—broken cisterns that can hold no water." Jer 2:13.



"...there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour. If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work." 2 Tim 2:20-21.



Prayer

Prayer is our communication with God. We send our requests and petitions to God who sends help and guidance to us. We are also able to thank Him and express our love to Him. Throughout the day we pray and by making set times to pray, we can ensure it is regular.

WORKING WITH GOD

Stay in communication with God through prayer and pray for others daily. To be good at helping to gather and feed His sheep, pray for the ones you are gathering and ask God to help you meet their needs. Worship is an amazing weapon that fills you with joy and light. Abide in His character always to stay on track.



- “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.” Jam 5:16.
- “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;” Phil 4:6.
- “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.” Mat 26:41.
- “Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.” 1 Joh 5:14.
- “Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. Mat 6:9-13.
- And he told them a parable to the effect that they ought always to pray and not lose heart.” Luk 18:1.
- Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thes 5:16-18.
- “But I say to you, Love your enemies and pray for those who persecute you,” Mat 5:44.

Worship & the power of joy

Singing to God is one of the most immediate and powerful ways we can come into His presence and fill ourselves with His presence. Joy is a powerful weapon! When you are filled with God's joy, it is easier to stay walking in His character. The environment around you doesn't drag you down and effect your soul so easily - pulling it into offence, anger, retaliation, wrath, sadness, coldness and unloving ways. Fill yourself with the joy of God through prayer and worship as much as you can.

- “...my joy may be in you, and that your joy may be full.” Joh 15:11.
- “...the joy of the LORD is your strength.” Neh 8:10.
- “Serve the LORD with gladness! Come into his presence with singing!” Psa 100:2.
- “...Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;” Eph 5:19
- “About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them,” Act 16:25.
- “...he appointed those who were to sing to the LORD and praise him in holy attire, as they went before the army...” 2 Chr 20:21.

Being led by God's Spirit

When you are full of God's Spirit, which can be seen outwardly as His divine nature and character, you should feel His love, joy, peace, patience, self-control, contentment etc. in your life. The decisions you make while walking in such a way, open the path God has for you to easily walk straight through. Walking in love in all your actions makes God's Spirit and divine presence strong within you “God is love, and he who abides in love abides in God, and God in him.” 1 Joh 4:16. He will naturally open your pathway as you abide in His character and the way forward will appear before your very eyes. It is a calm and restful place as you are being directed and carried by the wheels of His Spirit from place to place. All you are required to do is to see opportunities and not be afraid to speak God's truth into situations and peoples lives.



STAY ON THE PATH

To help you stay on the path, create your own personal safeguards and reminders by going through the Spirit vs Flesh lists and using this blank poster provided. On the sides of the path, write the things that happen to you when you come off the path and character traits you don't like about yourself.



“Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.” 1 Cor 9:24.

LOVE



HUMILITY



JOY



OBEDIENT



FAITHFUL



HOLY



HONEST



CONTENT



SELF-CONTROL



PEACEFUL



DILIGENT



FEARLESS



STAY ON THE PATH (example)

To help you stay on the path, create your own personal safeguards and reminders by going through the Spirit vs Flesh lists and using this blank poster provided. On the sides of the path, write the things that happen to you when you come off the path and character traits you don't like about yourself.



"Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it." 1 Cor 9:24.

LOVE

- Show love, care and affection.
- Mean well for all.
- Show kindness to all.



Corrupt Communication

Lasciviousness

Covetous/Greedy

Blasphemers

False accusers

Contentions

Extortioners

Dissensions

Fornication

Emulations

Incontinent

Drunkards

Slanderers

Murderers

Swindlers

Seditious

Covetous

Cowardly

Heresies

Fearful

Thieves

Hatred

Liars

Fierce

Envy

Wrath

Lust

Lazy

HUMILITY

- Do not boast about anything & see yourself lower than others.
- Flee vanity & look to serve rather than be served.
- Think about how your decisions will effect others.



JOY

- Smile often, be joyful, sing, hum and don't take yourself too seriously.
- See the funny side of life.



OBEDIENT

- Obey societies rules (provided they do not go against God.)
- Obey Husbands ultimate authority. (provided decisions do not go against God.)



FAITHFUL

- Stop thinking about the past. Heal & focus only on the "now" and the immediate future.
- Put God first always, give Him time above all else and love Him more than anything else (food, clothing, family, work etc.)



HOLY

- Confess sin daily.
- Wear clothing/makeup modestly.
- Flee luxurious living.
- Only have basic necessities.



HONEST

- Equal weights & measures, service equal to price paid.
- Don't partake in gossip.
- Fact check a matter before speaking it or sending it out.



CONTENT

- Only have what is necessary & be content with food & clothing.
- Don't chase after having lots of money or things.
- Be happy for people's achievements & possessions



SELF-CONTROL

- Don't eat processed foods & processed sugar.
- Only eat whole/natural foods.
- Only eat when hungry and stop when full.



PEACEFUL

- Seek peace & don't retaliate.
- Show mercy.
- Forgive & find love for people.
- Keep calm & patient.
- Take time out to breathe.



DILIGENT

- Work towards Goals.
- Continuously work on the gospel, watering, sewing, reaping.
- Serve the body of Christ.
- Show hospitality & be diligent with house chores.



FEARLESS

- Trust in God.
- Rest in His love & protection.
- Put yourself in situations where you must be brave/out of your comfort zone to become more





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