



Glittering Vices



CHRIST
CHURCH
CATHEDRAL | PLANO, TEXAS

SESSION 1

NAMING OUR SINS

Lecture Notes

What Is Sin?

Naming Our Sins

Deadly Sins: Glittering Vices

A Reading and Examination

Read Psalm 51 and then answer the following questions.

- » When was the last time that I asked God to “wash” or “cleanse” me from any particular sins?
- » Do I “know my transgressions” as the psalmist does?
- » In what ways does my heart need to be made “clean” or my spirit “renewed”?
- » Do I experience the “joy of salvation”? If not, what would it look like for God to restore that joy?
- » How often do I respond to sin with a “broken and contrite spirit”?
- » When God assures me of forgiveness, does my mouth declare His praise?

Notes

SESSION 2

GLUTTONY AND LUST

Lecture Notes

What Is Gluttony?

How Do We Repent?

SESSION 2

GLUTTONY AND LUST

Lecture Notes

What Is Lust?

How Do We Repent?

An Examination for Gluttony

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Do I eat more than I need?
- » Do I spend excessive money on food?
- » Do I drink alcohol excessively?
- » Do I eat greedily and with little consideration for those at table with me?
- » Have I been fastidious or picky about what I eat in a way that burdens those around me?
- » Do I give proper thanks to God for the food that I receive?
- » Do I practice regular fasting from food for the purpose of self-discipline and prayer?
- » Have I been temperate or have I been gluttonous in my use of technology?

Notes

An Examination for Lust

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Do I view others as sexual objects rather than as persons to be loved and honored?
- » How have I desired to dominate others?
- » Have I entertained impure thoughts or fantasized about unchaste sexual desires?
- » Have I viewed pornographic material in print or on the computer or on my phone?

If Married

- » Have I sought sexual pleasure in any way apart from being with my husband or wife?
- » Has my sexual desire for my spouse lessened because I am seeking pleasure elsewhere?
- » Have I so prioritized my relationship with my sexual partner that I have neglected other important relationships (friends, family, neighbors, etc.)?

Notes

SESSION 3

SLOTH AND GREED

Lecture Notes

What Is Sloth?

How Do We Repent?

SESSION 3

SLOTH AND GREED

Lecture Notes

What Is Greed?

How Do We Repent?

An Examination for Greed

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Have I been overly concerned about my own comfort and well-being?
- » Have I been resentful over my lack of money?
- » Have I been generous in giving? Have I given with a cheerful heart?
- » Have I been attentive to the needs of my neighbor and family and those in need?
- » Have I cheated or stolen anything that did not belong to me?
- » Have I used people for my own ends and material advantage?
- » Have I wasted the money with which I have been entrusted by God?

Notes

An Examination for Sloth

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Have I sought God above all else, or have I put other priorities ahead of him?
- » Have I attended worship each Sunday?
- » Have I engaged in daily prayer?
- » Have I entertained distractions or failed to give God due attention during prayer or worship?
- » Have I been diligent in the work which God has given me to do?
- » Have I used my money and time and opportunities in ways that are profitable and bring glory to God?
- » Have I wasted time or distracted myself from doing what I ought to do?

Notes

SESSION 4

ANGER AND ENVY

Lecture Notes

What Is Anger?

How Do We Repent?

SESSION 4

ANGER AND ENVY

Lecture Notes

What Is Envy?

How Do We Repent?

An Examination for Anger

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Have I harbored resentment, grudges, and hatred in my thoughts?
- » Have I been slow to forgive?
- » Have I lost my temper?
- » Have I been impatient with people, family, events, sufferings, sicknesses?
- » Have I damaged the reputation of another person by my words, attitude, or looks?

Notes

An Examination for Envy

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Have I envied the abilities, talents, good-looks, intelligence, possessions, money, or popularity of others?
- » Has another person's success made me angry or unhappy?
- » Have I repeated accusations that might not be true?
- » Have I failed to defend the reputation of others?
- » Have I failed to keep confidences with which I was entrusted?
- » Have I made fun of others or engaged in mockery at another's expense?

Notes

SESSION 5

VAINGLORY AND PRIDE

Lecture Notes

What Is Vainglory?

How Do We Repent?

SESSION 5

VAINGLORY AND PRIDE

Lecture Notes

What Is Pride?

How Do We Repent?

An Examination for Vainglory

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Am I overly concerned about what others think of me?
- » Do I lie or exaggerate to make myself look good?
- » Have I wasted undue time and money on clothes and appearance?
- » Am I discontent with my lowly position, or have I resented the role that Christ asks of me?
- » Do I experience frequent anxiety regarding how I am perceived?
- » Have I neglected to do or say something that should be said or done because of my concern for the opinions of others?

Notes

An Examination for Pride

Take 15 minutes to read and meditate on these questions, using them to help you identify the presence of sin in your life.

- » Do I refuse or resist admitting my weaknesses?
- » Do I dwell on the failings of others?
- » Do I judge/condemn others, in my thoughts or words?
- » Do I rank myself better than others or demand certain treatment because of my “status”?
- » Do I refuse to learn from others or reject their opinions, especially when they disagree with me?
- » Do I refuse to admit I am wrong or to accept that another person has a better idea?
- » Do I assume that I am right and others are wrong without ensuring I actually understand them or their ideas?

Notes

Additional Resources

Books

- » Rebecca Konyndyk DeYoung, *Glittering Vices: A New Look at the Seven Deadly Sins and Their Remedies*
- » Todd Hunter, *Our Favorite Sins: The Sins We Commit and How You Can Quit Them*
- » C.S. Lewis, *The Screwtape Letters*
- » Peter Leithart, *The Ten Commandments: A Guide to the Perfect Law of Liberty*

Online Resources

- » “To Be a Christian: An Anglican Catechism” (qq. 256-356)
- » W. Bradford Littlejohn, “The Seven Deadly Sins in a Digital Age”

A Prayer of Confession (BCP 2019)

Almighty God, Father of our Lord Jesus Christ,
maker and judge of us all:

We acknowledge and lament our many sins and offenses,
which we have committed by thought, word, and deed
against your divine majesty,
provoking most justly your righteous anger against us.

We are deeply sorry for these our transgressions;
the burden of them is more than we can bear.

Have mercy upon us,

Have mercy upon us, most merciful Father;

for your Son our Lord Jesus Christ’s sake,
forgive us all that is past;

and grant that we may evermore serve and please you in newness of life,
to the honor and glory of your Name;
through Jesus Christ our Lord. Amen.

“An Act of Self-Examination”

Lancelot Andrewes

Have I penitence, grief, shame, pain,
horror, weariness, for my sin?
Do I pray, if not seven times, as David,
yet at least thrice, as Daniel?
If not, as Solomon, at length,
yet shortly, as the Publican?
If not, like Christ, the whole night,
at least for one hour?
If not on the ground, and in ashes,
at least not in my bed?
If not in sackcloth,
at least not in purple and fine line?
If not abstaining from all manner of meats,
at least from dainties?
Do I give, if not, as Zaccheus, four-fold,
at least, as the Law commands,
with the fifth part added?
If not as the rich,
yet as the widow?
If not the half,
yet the thirtieth part?
If not beyond my power,
yet up to my power?