

Session 6: Personal Growth Plan

The 7 Deadly Sins and 7 Godly Virtues Sin Tendency Assessment

Using the descriptions in this session, think through your sin tendencies and put a mark on the sin tendency gauge to approximate your sin tendencies right now for each Virtue/Sin category. Using the virtue as the balance point, indicate how you are being tempted by the evil one to move away from God's virtuous life (low or HIGH). After you have gauged yourself describe how you are falling into temptation. Using the 1-5 scale try to discern how tempted you are feeling these days along each Virtue/Sin continuum.

1 = consistently experiencing this virtue, 2 = seeing this virtue grow, 3 = struggling to change behavior
4 = acting in this way but convicted of my need to repent, 5 = believe that this behavior is good.

Pride	5	4	3	2	1	Humility	1	2	3	4	5	PRIDE
(Thinking too lowly of yourself)						(Proper view of self in Christ)						(Thinking too highly of yourself)

Envy	5	4	3	2	1	Contentment	1	2	3	4	5	ENVY
(Not wanting your lot in life)						(Embracing your lot in life)						(Wanting someone else's lot)

Wrath	5	4	3	2	1	Meekness	1	2	3	4	5	WRATH
(Lack of righteous anger)						(Righteous anger with grace patience, and forgiveness)						(In your anger sinning)

Sloth	5	4	3	2	1	Obedience	1	2	3	4	5	SLOTH
(Imbalanced time allocation)						(Submitted to God's will)						(Lack of submission to God)

Greed	5	4	3	2	1	Stewardship	1	2	3	4	5	GREED
(Poor stewardship)						(Good stewardship of resources)						(Driven and defined by)

Gluttony	5	4	3	2	1	Temperance	1	2	3	4	5	GLUTTONY
(Too little)						(Balanced eating, drinking and exercise)						(Too much)

Lust	5	4	3	2	1	Chastity	1	2	3	4	5	LUST
(Seeing godly sex as dirty)						(Healthy marital sex life and healthy boundaries with everyone else)						(Seeing people as objects of desire)