

Adapted from Stieglitz “Spiritual Disciplines of a CHRISTIAN” and “Weapons of Righteousness” coaching sessions

1 John 1:9: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Dear Heavenly Father, I come to you in the name of the Lord Jesus Christ. I fully realize that I was wrong when I _____ . I am thankful that You can forgive me because of what Christ has done on the cross. I ask you to remove unrighteousness that might cling to my life because of my participation in this sin. Amen.

Seven Deadly Sins

Pride	Inordinate self-esteem; showing feelings of superiority; unwillingness to submit (rebellion); self-absorption; overbearing; lack of teachability; desire or demand for supremacy	
Envy	Desire for what belongs to another; being consumed by the unfairness of another’s material possessions; desire to deprive others of what they have or could have; the feeling of displeasure at another’s benefit; inability to rejoice with another’s benefit without desiring it personally; jealousy	
Anger	Selfishness expressed forcefully outward; being blocked from a goal; unwillingness to surrender a “right”; irritated; seething; vengeful; plotting against	
Lust	strong/inordinate sexual desire; inability to interact with another person without sexual thoughts or innuendo; sexual desire for someone other than your spouse; constant sexual thoughts	
Sloth	laziness; working with a minimum effort; procrastination; delaying crucial decisions; inordinate attention to insignificant things; unwillingness to do things completely	
Gluttony	Overindulgence in a physical pleasure; addictive behavior; seeking comfort, solace, escape in a physical pleasure; moving past moderation in anything	
Greed	Longing after money; evaluating all things in terms of the money that can be made or lost; pursuing money above other more important things; seeking in and through money the comfort, pleasure, security, and intimacy that comes from God	

Ask:
 1. Is this true of me?
 2. In what ways have I committed this sin?
 3. Am I moving close to committing this sin?
 Caution: Do not try to find violations just because you think you should.

When you see ways you have transgressed the command of God, confess them to God, admitting that it is wrong. Write down situations you need to clear up because of your involvement in one of the seven deadly sins. Accept God’s forgiveness in Christ by acknowledging your need for Christ’s payment on the cross for you. Thank Him for His forgiveness and love for you. Ask God the Holy Spirit to empower you to keep away from this sin. Act with humility, understanding, caring, flexibility, meekness, purity, diligence, moderation, generosity.

Adapted from Stieglitz “Spiritual Disciplines of a CHRISTIAN” and “Weapons of Righteousness” coaching sessions

1 John 1:9: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Three types of Sin

You would pray like this: ***“Dear Lord Jesus, I want to be right with you. Have I committed any sins of omission?”***

These are things you should have done, but didn't! It is the failure to do what God's word says you should do, or an assignment he called you to, but you didn't do it.

Pause and let God speak to your mind. If he brings some things to the surface, then agree with him that it was wrong. Change your mind about your avoidance of that assignment (repentance). Ask that he apply the blood of Jesus Christ to your selfishness in this area. Interact with God about whether there is still an opportunity to do it tomorrow or later in the week. Ask God to give you the power to make the right choice the next time. Thank him for the forgiveness and mercy that he offers through Christ.

Next, pray: ***“Dear Lord Jesus, have I committed any sins of commission?”***

These are things you shouldn't have done, said, or thought. They are done willfully in disobedience to God.

Pause and let him speak to your mind. If he brings some things to mind, then agree with him that it was wrong. Change your mind about what you did, said, or thought (repentance). Ask that he apply the blood of Jesus Christ to your selfishness in this area. Interact with God about whether you should apologize to anyone, or in some other way try to make up for what you did, said, or thought. Ask God to give you the power to make the right choice the next time. Thank him for the forgiveness and mercy that he offers through Christ.

Finally, pray: ***“Dear Lord Jesus, do I have any areas of wickedness in my life?”***

These are areas where you are living beyond the moral boundaries of God. These are actions where you are forcing a loss on someone else so you can enjoy a win (spiritual abuse, verbal abuse, emotional abuse, physical abuse, sexual abuse, mental abuse, etc.).

Pause and let God speak to your mind. If he brings some things to the surface, then agree with him that it was wrong. Change your mind about what you said, did, or thought (repentance). Don't be surprised if this issue takes some wrestling between yourself and God! Ask that he apply the blood of Jesus Christ to your selfishness in this area. Interact with him about whether you should apologize to anyone or in some other way try to make up for what you said, did, or thought. Ask God to give you the power to make the right choice the next time. Thank him for the forgiveness and mercy that he offers through Christ.

You might wrap up with the prayer of King David when he confessed his sin to God following his wickedness with Uriah and Bathsheba (Psalms 51:1-4).

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me. Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.

Adapted from Stieglitz “Spiritual Disciplines of a CHRISTIAN” and “Weapons of Righteousness” coaching sessions

1 John 1:9: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Ten Commandments (Exodus 20:3-17)		
No other gods	³ “You shall have no other gods before me.”	
No idols	⁴ “You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. ⁵ You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, ⁶ but showing love to a thousand generations of those who love me and keep my commandments.”	
No swearing	⁷ “You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.”	
Remember the Sabbath	⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”	
Honor Parents	¹² “Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.”	
No murder	¹³ “You shall not murder.”	
No adultery	¹⁴ “You shall not commit adultery.”	
No stealing	¹⁵ “You shall not steal.”	
No lying	¹⁶ “You shall not give false testimony against your neighbor.”	
No coveting	¹⁷ “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”	
<p>Ask:</p> <ol style="list-style-type: none"> 1. Have I violated these commands? 2. In what ways have I violated these commands? 3. Am I moving close to violating these commands? <p>Do not try to find violations.</p> <p>When you see ways you have transgressed the command of God, confess them to God, admitting that it is wrong. Write down situations you need to clear up because of your involvement in one of the seven deadly sins. Accept God’s forgiveness in Christ by acknowledging your need for Christ’s payment on the cross for you. Thank Him for His forgiveness and love for you. Ask God the Holy Spirit to empower you to keep away from this sin.</p>		