

Temptation	Natural motive to resist	Supernatural motive to resist
Anger	Can cause health problems such as high blood pressure, acid reflux, aneurysm, and stroke	“Everyone who is angry with his brother will be liable to judgment.” (Mt 5:22) The meek will inherit the earth. (Mt 5:5)
Drunkenness	Source of several health problems; it may lead to addiction and a waste of money; it is dangerous to society and can break down relationships.	“Thieves, the greedy, drunkards, revilers, robbers—none of these will inherit the kingdom of God.” (1 Cor 6:10)
Envy	Envy may lead to mental issues; the “green-eyed monster” (Shakespeare, Othello 3:3)	“You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife..” etc. (Ex 20:17)
Gluttony	May cause health problems such as obesity, high blood pressure, sleepiness, and heart problems.	“Their god is their belly.” (Phil 3:19) “Woe to you who are full now.” (Lk 6:25)
Greed	Greed often leads to dishonesty, theft, or overwork.	Treasure in heaven (Mt 6:19-21) The rich man and Lazarus (Lk 16-19-31) The eye of a needle (Mt 19:24)
Hatred/unforgiveness	Wreaks havoc on the emotions and can lead to health issues	“If you refuse to to forgive others, your Father will not forgive your sins.” (Mt 6:15)
Impatience	May cause health issues such as acid reflux and creates problems in relationships	“Love is patient, love is kind.” (1 Cor 13:4)
Lust	May lead to addiction and psychological problems	“Everyone who looks lustfully at a woman...” (Mt 5:28) “Blessed are the pure of heart.” (Mt 5:8)
Lying	Destroys credibility and breaks down relationships	“A false witness will not go unpunished.” (Pr 19:25)
Murder	Murderers are put in prison or put to death. Murder has a ripple effect on society.	“Whoever takes a human life shall surely be put to death.” (Lev 24:17)
Pride/arrogance	Pride creates war and puts up walls between people.	“For all those who exalt themselves will be humbled.” (Lk 14:11)
Slander	Creates enemies and breaks down society	“Whoever slanders his neighbor secretly I will destroy.” (Ps 101:5)
Smoking	Health problems, expensive, and offensive to others	“Do you not know that your body is a temple of the Holy Spirit within you, whom you have received from God?” (1 Cor 6:19)