# TOP TEN SINS& STRUGGLES

**MIKE MAZZALONGO** 

## **STUDENT WORKBOOK**

**Bibletalk**<sup>IV</sup>





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## **Top Ten Sins and Struggles**

#### Mike Mazzalongo

The Bible teaches that everyone is guilty of sin but not necessarily the same sin. This series examines the most common sins and struggles that Mike has encountered in over thirty-five years of ministry, and provides practical advice on how to recognize and deal with these successfully.



#### bibletalk.tv/sins-and-struggles

### TABLE OF CONTENTS

INTRODUCTION	4
#10 - LAZINESS	
#9 - ANGER	8
#8 - CURSING AND GOSSIPING	11
#7 - PRIDE	15
#6 - NEGLECTING CHURCH	19
#5 - COPING WITH CHANGE	22
#5 - COPING WITH CONFLICT	25
#4 - EASILY DISCOURAGED	28
#3 - OVERANXIOUS	31
#2 - OVERLY CRITICAL	34
#1 - LACK OF PERSONAL DISCIPLINE – PART 1	37
#1 - BAD EATING HABITS	41

## Introduction

There are many reasons why people come to church. They come because it's part of their Christian duty; God commands that we do not neglect worship:

not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near. - Hebrews 10:25

So we make it part of our spiritual practice and exercise. Some come to church for the fellowship; being with other Christians is comforting and encouraging. Others genuinely enjoy the worship and Bible study experience and feel renewed spiritually. These are all perfectly good and Biblical reasons for attending worship services.

However, there are times when the real purpose of our presence at church Sunday or Wednesday is *need*. We need help, encouragement, answers, strength and insight into the problems and struggles we face every day as weak and sinful human beings. Perhaps there is a trouble or illness in our marriage or family; sometimes we feel a sense of loneliness or depression. Our struggle could be a battle with alcohol or any number of addictions. There are many Christians who have to cope with weak faith, discouragement, laziness or negative attitudes. The list of these goes on and on.

Of course, God's word addresses all of these issues. Preachers are eager to help, to comfort, to exhort, even denounce what is evil in our lives, but there is one problem, unlike Jesus who knew men's hearts, modern preachers don't know what's going on in a person's life unless he is told. Unless your preacher knows what the sins and struggles you are dealing with are, he cannot effectively help you with them.

It is interesting to note that people will readily tell their doctors all about their aches, pains and symptoms in order to treat their bodies that will inevitably die. However, they are reluctant to share with their ministers the problems that threaten their souls that will live forever in heaven or hell.

It is for this reason that I have conducted surveys with typical congregations to determine which are the most prevalent sins and struggles in the lives of their members and written this book to address the top ones.

This work attempts to accomplish five goals:

- 1. Identify the areas where Christians need ministry.
- 2. Provide teaching from God's word that will address the areas where people have real needs.
- 3. Help Christians grow in maturity in dealing with sins and struggles, and not just ignore them.
- 4. Open up the avenue of prayer on behalf of one another concerning our sins and struggles.
- 5. Provide practical tools from God's word that can be used to win these battles or maintain the struggle against sin without losing faith.

I believe that these are worthy goals and ones that will truly benefit us all.

## #10 - Laziness

This class will explore the mindset of the lazy person, how this sin affects a person and how to deal with laziness in one's life.

Genesis 1:27-28	
Genesis 3:17	

#### I. Dictionary Definition of the Lazy Person

"One who does not like to work; one who finds activity or effort distasteful."

1. Does not like work – Why?	
A	
В	
2. Loves Idleness	

#### II. Biblical Description of a Lazy Person

1. Wasteful – Proverbs 18:9 \_\_\_\_\_

2. Full of excuses – Proverbs 26:13-14	
3. Wise in his own eyes – Proverbs 26:16	
III. Danger of Laziness	
1. Leads to	
2. Leads to	Proverbs 10:5
3. Leads to	Proverbs 13:4
4. Leads to	Proverbs 12:24
IV. How to Deal with the Sin of Laziness	
1. Acknowledge the	I John 1:8-9

Luke 13:5			
How to bring about mea		e:	
		II Thessalonians 3:10	
		Ecclesiastes 11:4-6	
		I Thessalonians 4:11-12	
Ecclesiastes 2:24			
Remember that work is:			
• A • An		rable life before society for one's family and	those in need.

A \_\_\_\_\_\_ of love and service to God in Christ.

Remember true repentance is:

- Admitting \_\_\_\_\_\_
- Beginning \_\_\_\_\_\_
- Changing \_\_\_\_\_\_

## #9 - Anger

In this lesson Mike profiles 3 Biblical characters and described how each dealt with the problem of anger.

**Intro - What is Anger?** A. Emotion B. Provoked \_\_\_\_\_\_ C. Strong Feeling Anger is not a bad thing \_\_\_\_\_ Psychological Types: 1. Hasty and Sudden 2. Settled and Deliberate 3. Dispositional \_\_\_\_\_ I. Biblical Examples of Anger

1. Cain – Genesis 4:1-8 \_\_\_\_\_

Cain's anger festered.
$CAIN \rightarrow \underline{REJECTION} \rightarrow \underline{ANGER} \rightarrow \underline{\qquad} \rightarrow \underline{\qquad} \rightarrow \underline{\qquad} \rightarrow \underline{\qquad} \rightarrow DISCIPLINE$
2. Moses – Numbers 20:1-13
Moses survived because: 1. He admonished
2. He struck
His action reveals his lack of faith
$MOSES \rightarrow \underline{FRUSTRATION} \rightarrow \underline{\qquad} \rightarrow \qquad$
3. David – I Samuel 25:2-42
David / Nabal / Abigail
David's anger was kindled by: 1
2 3

Note how Abigail diffuses the angry situation:

- Apology
- Provision
- Acknowledgement
- Compliment
When <u>we</u> are angry:
1. Pray
2. Slow Down
3. Stop "Churning"
Enhosions 4.26
Ephesians 4:26
4. B.Y.B.C.S

## **#8 - Cursing and Gossiping**

Two sins tied for position number 8 in our survey. Mike will discuss the root cause of each, what the Bible says about these sins, and have some practical ways to manage and overcome these in our everyday lives.

I. Swearin	g
------------	---

Different types of swearing: A.\_\_\_\_\_

B.\_\_\_\_\_

#### II. Why Do People Swear?

1. Swearing in public and media \_\_\_\_\_\_

2. Psychologists say that swearing/cursing is usually a sign of \_\_\_\_\_\_

3. For many it is a \_\_\_\_\_

#### **III. Bible Teaching**

Ephesians 4:29	
Ephesians 4:30	
James 3:2-5	
IV. The Solution	
James 3:7-12	
1. Control your	
2. Change your	
3. Avoid	
4. Acknowledge the	
5. Fly with the	

#### Summary I

A. Swearing is		
B. People swear because		
C. The Bible teaches		
Psalm 141:3		

#### V. Gossip

Gossip is \_\_\_\_\_

Gossip harms everybody because: \_\_\_\_\_

#### VI. Gossip and the Bible

1. Paul - Ephesians 4:29-31 \_\_\_\_\_

2. James - 4:11-12

3. Peter - I Peter 2:1 \_\_\_\_\_

#### **VII. The Solution**

A. Learn to	Proverbs 29:23
B. Learn to	Proverbs 10:19; 17:28
Proverbs 18:2	
Philemon 4:8-9	
C. Learn how to	
	Proverbs 16:21 Proverbs 25:11
Summary II	
James 3:5-6	

## #7 - Pride

The sin of Pride comes in at 7th place in our Sins and Struggles survey. This lesson will examine the roots of pride, how it is expressed, why it is a sin and ways to deal with this common problem.

#### I. Pride - Words and Meanings

Both Hebrew and Greek words for pride have similar meanings when translated into English.

	Old Testament Meanings
	New Testament Meanings
Pride	is exhibited in 3 general ways:
1. Whe	en we estimate our
	Romans 12:3
Height	tened self-esteem is exhibited as
A. Arro	ogance
	sting
	-Righteousness
	ightiness
	.0

2. Whe	n we our worth based on our
	I John 2:16
	There is pride by identification, pride by pride by
3. We c	lesire to This is pride.
	Romans 1:22
	e Sin of Pride
	Mark 7:21
	Isaiah 14:12-16
	II Corinthians 12:7

. Pride in our	
Psalms 52:7	
. Pride in	
Job 37:24	_
Psalm 10:4	
Proverbs 6:16	
Proverbs 30:12	
I Corinthians 10:12	
I John 1:8	

#### III. Dealing with Pride.

1. Pride – Exaggerated sense of worth \_\_\_\_\_\_

Proverbs 25:27 \_\_\_\_\_

	Proverbs 27:2		
	Proverbs 11:2		
	II Corinthians 10:18		
	II Corinthians 11:30		
2. Pric	le- Pride of Life/Possessions		
	Matthew 6:33		
3. Pric	le – Self-Sufficiency		
	Psalm 49:11		
	Matthew 23:12		
God w	vants us to completely rely on:		
		His	
		His	
His		His	

## **#6 - Neglecting Church**

Neglecting attendance and involvement is the 6th most problematic issue according to our church survey. Mike will discuss this problem, its consequences and provide the top ten reasons why people neglect church services.

#### I. Neglecting Church

Neglecting church is a <u>habit</u>		
Top 10 reasons for missing church:		
10. I'm	_	
9. I'm	_	
8. I'm	_	
7. I'm	_	
6. I'm		
	_	
5. I'm	_	
4. I'm	_	
3. I'm	_	
2. I'm	_	
1 U		
1. I'm	_	

Reasons to attend.
1. Being here
Isaiah 56:6-7
Ephesians 5:17-19
Hebrews 13:15-16
2. Being here
Romans 10:17
Some asked, "If I only come Sunday morning will I still go to heaven?"
3. Being here

Attendance at all services shows that you:

Α	
В.	
С.	
D.	
-	

#### Summary

If neglect is your problem, it is not a new problem.

The Solution: 1.\_\_\_\_\_\_ 2.\_\_\_\_\_ 3.\_\_\_\_\_

## **#5 - Coping with Change**

Tied for 5th place in our countdown was the issue of coping with change. This lesson provides practical strategies that help people deal with the anxiety often caused by life's many changes.

#### I. Types of Change

There is no end to the types of change, for example

Any type of change is a challenge.

#### II. Coping with Change

Some things to consider when change happens:

1. Keep change \_\_\_\_\_

There is a natural ebb and flow to life.

Ecclesiastes 3 \_\_\_\_\_

The "coping problem has to do with how we deal with change issues.

Change is less unsettling when we can see the "big picture" and not just the small universe.		
Keep change in the		
A		
В		
2. Entrust	with changes.	
Main questions regarding o	change: "How will I ever be able to deal with this change?"	
This question reveals a sig	n of	
Change does bring legitima	ate concerns:	
There is always fear and ar	nxiety but there doesn't only have to be this.	
, i i i i j i i i i i i i i i i i i i i		
Hobrows 13.5-6		
11ebrews 15.5-0		
It is when we're in the eye	of the storm that God's promise is difficult to believe.	

It is when all else is changing that we see God's	nature.
Summary	
People react to change indifferent ways. A. Resignation	
B. Resistance	
C. Repetition	
A more biblical approach: 1. Accept	
2. Perspective	
3. Trust	
The "final" change is	

## **#5 - Coping with Conflict**

Tied at #5 with Coping with Change is another coping struggle - coping with conflict. This lesson will attempt to define conflict and offer strategies to help decrease the instances of conflict in our everyday lives.

Conflict – Definition:	
Other factors that lead to conflict. 1. Perception	
2. Pride	
3. Politics	
Our politics are formed by our ethics	

#### I. The Bible and Conflict

1. Examine	
Romans 12:4	
James 4:1-3	
Be honest in how you evaluate yourself. Proverbs 15:1	
Romans 12:10	
What are <u>we</u> contributing to the conflict?	
2. Expect Conflict	
Matthew 24:4-8	
Matthew 10:34-36	

	to struggle in.
Ephesians 6:10-17	
age God in Prayer	
Cain	
Cain Paul	
Paul	

God knows the root and solution to all conflicts.

## **#4 - Easily Discouraged**

In this lesson, Mike explains the different emotions and reactions present in discouragement and easy discouragement and provides ways to deal with both.

#### I. The Reality of Discouragement.

II. The Problem of Easy Discouragement.

Easily Discouraged.

1. Being Discouraged

Feeling discouraged is the body's way of telling us we may be outmatched or outnumbered.

What to do when genuinely discouraged?

A. Re \_\_\_\_\_

B. Re \_\_\_\_\_

C. Re _	
	- Know when
	- Know your
	- Know who
2. Beir	ng <u>Easily</u> Discouraged
	e are easily discouraged because: e values and beliefs
	Matthew 13:1-23
B. Whe	en hard times come
	Self
	Psalm 44:3

Psalm 136:25
Psalm 73:26
C. Distraction
Matthew 13:22
Summary
1. Discouragement is
2. Things to do in case of discouragement
3. Being <u>easily</u> discouraged is not
4. One main thing to do in case of easy discouragement

## **#3 - Overanxious**

Mike tackles the most common of struggles, worry, and provides Biblical antidotes to this most debilitating human problem.

"Struggle" issue \_\_\_\_\_

Problem for both believers and unbelievers \_\_\_\_\_

#### I. Stress from Worry

A definition of "worry"
-------------------------

Things we worry about.\_\_\_\_\_

What worry accomplishes:

A	_
B	-
C	
D	

The right perspective includes:				
1. A correct	vs. 25-32			
2. A change	vs. 33-34			
III. Transforming Stress in	nto Joy – James 1:2-8			
James' approach to worry and s	stress shows that			
He shows how to break the cycle of worry and stress – vs. 2-4				
He shows how to break	the cycle of worry and scress visit i			
He shows how to break				
He shows how to break He shows where to go fo				
	or help – vs. 5-8			

#### Summary

Worry from stress comes from two sources.
1. We worry
2. We worry
The Lord and James provide the answer to those who are stressed out because of worry:
1. The Lord
2. We should not

## #2 - Overly Critical

Mike reviews the ways we fall into being overly critical and how we can arm ourselves to resist this easy impulse.

#### I. Defining the Word - Criticism

Comes from the idea of *criterion* 

#### II. Defining the Problem

Criticism is the judging or \_\_\_\_\_

1. Legitimate criticism

	- An	attitude.	
	I Corinthians 11:31		
2. Ille	gitimate Criticism		
	A. Criticism without		
	B	criticism.	
	C	criticism.	
	- Matthew 7:1-2		
	- Matthew 7:3-4		
	- Matthew 7:5		

#### Summary

1. Use criticism	Criticism is sometimes necessary and can be helpful.		
2your criticism			
2your criticism			
3. Always criticize first.	1. Use criticism		
3. Always criticize first.			
3. Always criticize first.			
3. Always criticize			
Romans 2:1			
Romans 2:1			
	3. Always criticize	first.	
4. Realize that is the only true criterion	Romans 2:1		
4. Realize that is the only true criterion			
	4. Realize that	is the only true criterion	

## **#1 - Lack of Personal Discipline – Part 1**

Mike tackles the number one struggle in the survey, lack of personal discipline and highlights the difference between the popular notion of self-discipline and the Bible's teaching concerning this issue.

#### I. What Personal Discipline is:

General idea of Personal Discipline \_\_\_\_\_

Biblical idea of Personal Discipline \_\_\_\_\_

#### Mark 5:1-20

- vs. 1	
- vs. 2-3a	
- vs. 3b-4	
- vs. 5	
- vs. 6-10	
- vs. 11-14	
- vs. 15-20	

Personal Discipline = Right Mind \_\_\_\_\_\_

T 1 1 1		. (
Jesus brought the	тап раск то п	is right-mind
,		

A	
B	
С	
D	
E	

Jesus miraculously restored him to his right mind.

#### II. Developing Self Discipline - Right Mind

Education		
A. The true	- Titus 2:11-14	
B. The true	- Romans 12:3	
C. The true	- I Corinthians 6:9-10	
D. The true	- I Corinthians 2:16	

#### III. How to make Jesus the Controller of Self.

1.\_\_\_\_\_-Matthew 7:7

0	
7	
_	

#### Summary

Self-control is not about what you do with or within your body.

It's about:	
The true	
The true	
The true	
The true	

## **#1 - Bad Eating Habits**

In this last lesson, Mike will discuss the #1 issue in the survey - Bad Eating Habits and how one can turn this bad habit into a productive and healthy one.

		cal eating disorders but what the majority o not the illnesses mentioned above.	
	-	which because of part of our lives.	has
	Angry people ex	perience	
	People with poo	r eating patterns experience	
	consequences of t	hese bad habits:	
2. Fee	lings of		

3. People become	
4. People become	
<b>II. Overcoming Bad Habits</b> The strategy to overcome these two bad habits is the same as overcoming any bad habit.	
1. You have to	
Hebrews 11:6	
One can develop a desire to overcome bad habits in a variety of ways: A. Truth	
B. Love	
C. Pain	

. You m	ust
It	is difficult because once you have acknowledged it you must anticipate a life without your
_	
. You n	eed to your problem with another.
·. Let Go	od
G	od Heals in Several Ways:
	. The Word - Matthew 8:8
 B 	. The Holy Spirit
C	. The Church
_	

#### Summary

We've only briefly covered a serious subject, but the strategy is the way to begin the process of change.

The process works on the can change.	so that the
Whatever the bad habit, the strategy is alw	avs the same:
Whatever the bad habit, the strategy is alw – You must	•
	to overcome.
– You must	to overcome. what it is.

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