

# Unit 1: 7 Deadly Sins

## Lesson 1.2 Pride

### Teacher Preparation and Materials Needed:

**For the Lesson:** Orthodox Study Bible or Holy Bible: Armenian Church Edition

**Recommended Orthodox Study Bible** [HERE](#).

**Recommended Holy Bible: Armenian Church Edition** [HERE](#).

### Scripture Reference:

Romans 3:23 (universality of sin), 1 John 3:4 (sin as lawlessness), Isaiah 59:2 (sin as separation), 1 John 1:9 (promise of forgiveness)

**Activities:** Implement based on available time. Detailed instructions and materials lists are provided in the lesson.

Activity #1: Class Activity – “Pride or Humility?”

Activity #2: Activity #2: “Pride vs. Humility Mirror Exercise”

Activity #3 A Lesson in Humility Worksheet

### Words of the week:

հպարտութիւն - huh-bard-oo-tyoon - pride

խոնարհութիւն - kho-nar-hoo-tyoon - humility

վտանգաւոր - vuh-dank-a-vor - dangerous

### Objective:

Students will understand that pride is a dangerous sin that separates us from God and others, while humility brings us closer to God and helps us love others well.

### Moral Character Focus:

**Knowledge:** Explain that pride began with Satan’s rebellion and led to humanity’s first sin through Adam and Eve

**Understanding:** Recognize how pride blinds us to our faults, makes us trust ourselves over God, and damages our relationships with others

**Application:** Identify prideful attitudes in themselves and others, and choose humble responses in daily situations

**Values:** Develop a desire to practice humility by recognizing their dependence on God and treating others with love and respect

### Memory Verse:

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

- Philippians 2:3

# Lesson

## Lesson Opening & Creating Interest:

*\*Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

### Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տու՛ր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՛ յամենայն ժամ. ի չար խորհրդոց եւ ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos yev paneets yen kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

## Lesson Body: Understanding Sin

Last week, we learned that sin is like a weed in the garden of our soul. Today, we will look at one of the worst weeds — pride.

We often say or hear others say that they are proud of something or someone. Isn't that a good thing? That kind of pride comes from a feeling of gratitude or an act of encouragement. But the pride described in the Bible as sin is very different. This pride is the "mother" of many other sins. It is like a giant weed that spreads its roots deep into the soil and chokes the good plants around it. In the Bible, pride is often shown as the first step away from God, because pride makes us think we don't need Him.

**Q:** *What do you think are the ways pride poorly reflects on our souls?*

### 1. Pride Makes Us Put Ourselves Above God

Pride is the dangerous lie that whispers, "You're the most important person in the world, and you don't need anyone – not even God." When pride fills our hearts, we stop praying for help, stop listening to wise advice, and start believing we can handle everything on our own. This is the opposite of what God wants for us. The Armenian Church teaches that humility is the antidote to pride – it means seeing ourselves truthfully and recognizing that every good thing we have, from our talents to our families to our next breath, comes as a gift from God's loving hands. Humility doesn't mean thinking we're worthless; it means understanding that we are precious children of God who depend on Him for everything. When we choose humility over pride, we open our hearts to receive God's grace, wisdom, and blessings, while pride closes our hearts and leaves us spiritually empty and alone.

### 2. Pride Was the First Sin

Pride is the oldest sin in the universe, beginning not with humans but with a powerful angel who rebelled against God. Pride began with Lucifer, a beautiful and mighty angel in God's presence. Instead of being grateful to God who created him, Lucifer's heart became filled with pride as he admired his own beauty and power. He declared, *"I will ascend to heaven; I will raise my throne above the stars of God... I will make myself like the Most High."* This prideful rebellion led to his fall from heaven, transforming him into Satan, the enemy of God and all that is good.

When Satan tempted Adam and Eve, he used the same weapon that had destroyed him: pride. He whispered to Eve, *"You will be like gods, knowing good and evil"* (Genesis 3:5). Adam and Eve fell into this trap because pride made them believe they didn't need to trust and obey God; they thought they could decide for themselves what was right and wrong. Their pride convinced them they knew better than their Creator, leading to the first human sin and bringing death and suffering into the world.

This shows us that pride is the root of all rebellion against God. Both Satan's fall and humanity's first sin began with the same prideful thought: *"I don't need to submit to God; I can be my own god."* This is why pride is so dangerous and why God calls us to humility instead.

**Words of the Week:**

հպարտութիւն - huh-bard-oo-tyoon - pride  
 խոնարհութիւն - kho-nar-hoo-tyoon - humility  
 վտանգաւոր - vuh-dank-a-vor - dangerous

**Memory Verse:**

**“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”**

**- Philippians 2:3**

**3. Pride Damages Relationships**

Pride destroys our relationships by making us think we’re always right and never need to apologize. It stops us from helping others because we’re too focused on ourselves, and it prevents us from asking for help when we need it because we don’t want to look weak. Pride can also make us feel jealous when friends succeed, rather than celebrating with them. As pride grows in our hearts, it pushes people away and keeps us from loving others the way Christ calls us to, leaving us lonely and isolated from the very people God wants us to serve and cherish.

**Why is Pride Dangerous?**

Pride is one of the most dangerous sins because it acts like a poison that spreads through our hearts and affects everything we do. When we become proud, we start to think we’re better than others and don’t need God’s help, which blinds us to our own mistakes and weaknesses. Pride leads us to trust our own wisdom over God’s truth, resulting in foolish decisions and the rejection of good advice from parents, teachers, and friends. It also opens the door to other sins, such as anger when things don’t go our way, envy when others succeed, and greed when we think we deserve more than what God has given us. Most dangerously, pride separates us from God because it convinces us we don’t need Him, making it hard for us to pray, ask for forgiveness, or receive the help and grace that only God can provide. This is why the Bible warns us that “pride goes before destruction” – because when we rely on ourselves instead of God, we set ourselves up for spiritual failure and heartache.

**What Pride Can Do:**

- Separates us from God - makes us think we don’t need Him and stops us from praying or asking for His help
- Blinds us to our faults - prevents us from seeing our mistakes and weaknesses clearly
- Makes us reject good advice - causes us to ignore wisdom from parents, teachers, and friends
- Opens the door to other sins - leads to anger, envy, greed, and jealousy
- Destroys relationships - makes us think we’re always right and never need to apologize
- Stops us from helping others - makes us too focused on ourselves to serve others
- Prevents us from asking for help - makes us think we should handle everything alone
- Makes us jealous of others’ success - instead of celebrating with friends, we feel envious
- Pushes people away - isolates us from the people God wants us to love and serve
- Leads to spiritual failure - sets us up for disappointment when we rely on ourselves instead of God
- Makes us trust ourselves over God - causes us to make foolish decisions based on our limited wisdom
- Keeps us from receiving God’s grace - closes our hearts to the blessings and forgiveness God offers

**What the Bible Says About Pride**

**Proverbs 16:18:** - “Pride goes before destruction, and a haughty spirit before a fall.”

**James 4:6** - “God opposes the proud but gives grace to the humble.”

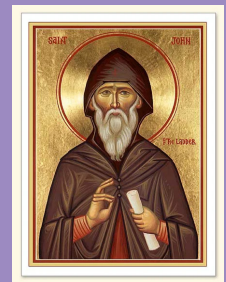
**Luke 18:9-14** - The parable of the Pharisee and the tax collector — one was proud, the other humble.

**W I S D O M**  
**From the Church Fathers**

*“The first step toward sin is pride; the first step toward God is humility.”*

*“Humility is the only thing the devil cannot imitate.”*

– St. John Climacus



### **Activity #1: Class Activity – “Pride or Humility?”**

*Materials:* Two baskets labeled “Pride” and “Humility,” strips of paper with different situations.

- Read each situation aloud (example: “You win a contest and say, ‘I’m the best and no one else is as good as me’”).
- Students place the strip in the correct basket — Pride or Humility.
- Discuss how the situation could be changed to reflect humility.

### **Activity #2: “Pride vs. Humility Mirror Exercise”**

*Materials:* Small handheld mirrors (one per student), index cards, markers/pens, Tape, “Pride Statements” and “Humility Statements” printed and cut to strips

#### **Setup:**

- Give each student a mirror and two index cards
- On one card, have them write “PRIDE” in large letters
- On the other card, have them write “HUMILITY” in large letters

#### **Part 1:** The Pride Mirror (5 minutes)

- Students hold up the “PRIDE” card and look in the mirror
- Ask them to say these pride statements while looking at themselves:
  - “I’m better than everyone else”
  - “I don’t need God’s help”
  - “I never make mistakes”

**Discuss:** “How did that feel? What did you see in your reflection?”

#### **Part 2:** The Humility Mirror (5 minutes)

- Students switch to the “HUMILITY” card and look in the mirror
- Ask them to say these humility statements:
  - “God created me and loves me”
  - “I need God’s help every day”
  - “I am blessed by God’s gifts”

**Discuss:** “How was this different? What changed in your reflection?”

#### **Part 3:** Personal Reflection (10 minutes) Students write on the back of their cards:

- Pride card: “One area where I struggle with pride is...”
- Humility card: “One way I can show humility this week is...”

**Closing:** Students tape their “HUMILITY” card to their mirror to take home as a daily reminder.

# A Lesson in Humility



Complete the paragraph by filling in the blanks with the correct words from the word bank at the bottom of the story.

"When someone invites you to a \_\_\_\_\_ feast, do not take the place of \_\_\_\_\_, for a person more distinguished than you may have been \_\_\_\_\_. If so, the host who invited both of you will come and say to you, 'Give this man your \_\_\_\_\_.' Then, humiliated, you will have to take the \_\_\_\_\_ important place. But when you are invited, take the \_\_\_\_\_ place, so that when your host comes, he will say to you, '\_\_\_\_\_, move up to a better place.' Then you will be honored in the presence of all your fellow \_\_\_\_\_. For everyone who \_\_\_\_\_ himself will be humbled, and he who \_\_\_\_\_ himself will be exalted."

Luke 14:8-11 (NIV)

Friend	guests	humbles	least	seat
exalts	honor	invited	lowest	wedding

## Special Prayer to Holy Spirit

Holy Spirit, true God, with your peace that surpasses all wisdom and understanding, comfort us your servants, by accepting our supplications. Through your benediction, blot out our transgressions worthy of dreadful punishment. Expiate and hear us, remit and forgive our sins. Make us worthy to thankfully glorify you, together with the Father and the Only-begotten Son, now and always and unto the ages of ages. Amen.

Խաղաղութեամբ քով Յոգիդ Սուրբ Աստուած ճշմարիտ, որ ի վեր է քան զամենայն միտս եւ զխորհուրդս, մխիթարեա զանձինս ծառայից քոց, ընդունելով զաղաչանս մեր. անցո ի մէջ զցասումն պատուհասի յանցանաց մերոց բարերարութեամբ քով: Ներեա եւ լուր մեզ, քաւեա եւ թող զմեզս մեր, արժանաւորեա գոհութեամբ փառաւորել զքեզ ընդ Յօր եւ ընդ Որդւոյն Միածնի, այժմ եւ միշտ եւ յաիտեանս յաիտենից: Ամէն:

Khaghaghootyamp kov Hokeet Soorp Asdvadz jshmareed, vor ee ver eh kan zamenayn meedus yev uzkhorthoortus, mukheetarya zantseenus dzarayeets kots, untoonelov zaghachanus mer. Antso ee mench uzsaoomun badoohasee hantsanats merots parerarootyamp kov. Nerya yv loor mez, kavya yev togh uzmeghus mer, arjhanavorya kohootyamp paravoreyl uzkez unt Hor yev unt Vortvoyn Meeadznee, ayjhm yev meeshd yev haveedyanus haveedeneets. Amen.

## Review

### Memory Verse Review:

“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”  
(Philippians 2:3)

### Words of the Week:

հպարտութիւն - huh-bard-oo-tyoon - pride  
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վտանգաւոր - vuh-dank-a-vor - dangerous

## Life Application

### *What are we going to do with what we have learned today?*

We can practice humility by remembering that our talents, achievements, and blessings come as gifts from God. When we succeed, we can thank God instead of boasting, and when we make mistakes, we can say “I’m sorry” rather than making excuses. We can celebrate friends’ successes instead of feeling jealous, ask for help when needed, and listen to advice from parents and teachers. Most importantly, we can pray regularly and acknowledge our need for God’s guidance, knowing that humility opens our hearts to receive His grace and helps us love others the way Christ calls us to love.

## Lesson Review:

### Questions:

1. What is pride? (*Pride is thinking we are more important than anyone else, even more important than God, and believing we can do everything ourselves*)
2. Who was the first being to sin through pride? (*Lucifer/Satan, who was once a beautiful angel but became proud and wanted to be equal to God*)
3. How did Satan use pride to tempt Adam and Eve? (*He told them they could “be like gods” if they disobeyed, appealing to their pride and making them think they knew better than God*)
4. What is the opposite of pride? (*Humility - knowing the truth about ourselves and recognizing that everything good we have is a gift from God*)
5. Name three ways pride damages our relationships. (*Pride makes us think we’re always right, keeps us from saying “I’m sorry,” and makes us jealous when others succeed*)
6. Why is pride called “the root of all rebellion against God”? (*Because both Satan’s fall and humanity’s first sin began with the prideful thought: “I don’t need to submit to God; I can be my own god”*)
7. What are three sins that pride can lead to? (*Anger, envy, and greed - plus jealousy, selfishness, and disobedience*)
8. How does pride separate us from God? (*Pride convinces us we don’t need God, making it hard for us to pray, ask for forgiveness, or receive His help and grace*)
9. What does the Bible mean when it says “pride goes before destruction”? (*When we rely on ourselves instead of God, we set ourselves up for spiritual failure and heartache*)
10. How can we fight against pride in our lives? (*By choosing humility, recognizing our dependence on God, being grateful for His gifts, and serving others instead of focusing only on ourselves*)

\* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

### Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

**Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesher-ee, ee nsdeel ee dan, ee knal ee janabarrh, ee nunchel yev ee harnel, zee mee yerpek sa-sanetsayts yev voghormya Ko araradzots yev eents pazmamyghees. Amen.**

**O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.**