

## Faith in 5 – Adults The Seven Deadly Sins



We were created to be in right relationship with God, but this was broken due to original sin. Sin is an offense to God, rejecting God's will for our own. The Catechism of the Catholic Church identifies **seven deadly sins**, also known as "capital sins" and explains why they are the most dangerous. "Vices can be classified according to the virtues they oppose, or also be linked to capital sins which Christian experience has distinguished, following St. John Cassian and St. Gregory the Great. They are called "capital" because they engender other sins, other vices. They are pride, avarice [greed], envy, wrath, lust, gluttony and sloth" (CCC, 1866).

There are **seven heavenly virtues** that one can focus on to help break the bonds of sin. A virtue is the habitual and firm disposition to do good. The goal of a virtuous person is to focus on all that is true, honest, just, pure, lovely, excellent and worthy of praise. (Philippians 4:8). We are called to holiness.

The seven deadly sins are outlined below, along with the **virtue** that help to overcome the bondage of sin.

- 1. Pride:** an excessive love of self or the desire to be better or more important than others. "Respect for the human person proceeds by way of respect for the principle that 'everyone should look upon his neighbor (without exception) as "another self," above all bearing in mind his life and the means necessary for living it with dignity'" (CCC,1931).  
**Humility – controlling one's own power to allow room for others**
- 2. Lust:** an intense desire, usually for sexual pleasure, but also for money, power or fame. "The God of promises always warned man against seduction by what from the beginning has seemed 'good for food ... a delight to the eyes ... to be desired to make one wise'" (CCC, 2541).  
**Chastity –vigilance against earthly idolatry can help calm our lustful desires**
- 3. Gluttony:** overconsumption or self-gratification, usually of food or drink. "The virtue of temperance disposes us to avoid every kind of excess: the abuse of food, alcohol, tobacco or medicine" (CCC, 2290).  
**Temperance – the ability to moderate or control ourselves and desires.**
- 4. Greed:** the desire for and love of possessions. "Sin ... is a failure in genuine love for God and neighbor caused by a perverse attachment to certain goods" (CCC, 1849).  
**Generosity – we surrender our time, talent and treasure without hesitation**
- 5. Sloth (or Acedia):** physical laziness, also disinterest in spiritual matters or neglecting spiritual growth. "Acedia or spiritual sloth goes so far as to refuse the joy that comes from God and to be repelled by divine goodness" (CCC, 2094).  
**Diligence – we fulfill our duties by cultivating a strong work ethic**

6. **Anger or wrath:** uncontrolled feelings of hatred or rage. “Anger is a desire for revenge... The Lord says, ‘Everyone who is angry with his brother shall be liable to judgment’” (CCC, 2302).

Meekness – a patient and humble attitude towards others; patient restraint when provoked

7. **Envy:** sadness or desire for the possessions, happiness, talents or abilities of another “Envy can lead to the worst crimes. ‘Through the devil’s envy death entered the world’” (CCC, 2553).

Kindness – Love without bias or spite; be grateful

[Infographic Source](#)

**OVERCOME the 7 DEADLY SINS**

<p><b>Lust</b> Unrestrained sexual craving</p> <p><b>Be pure.</b> Guard your heart. Give yourself a project, exercise when you're bored.</p>	<p><b>Gluttony</b> To over-indulge, especially by over-eating</p> <p><b>Be moderate.</b> Exercise regularly, avoid excess in eating and drinking.</p>	<p><b>Pride</b> Inflated sense of one's accomplishments</p> <p><b>Be humble.</b> You need God and others. Pray and serve.</p>			
			<p><b>Sloth</b> Laziness, lack of effort</p> <p><b>Be diligent.</b> Have a schedule, don't let your life revolve around resting.</p>	<p><b>Wrath</b> Uncontrolled feelings of hatred and anger</p> <p><b>Be patient.</b> Moderate your emotions, take deep breaths before reacting.</p>	<p><b>Greed</b> The excessive desire for material things</p> <p><b>Be generous.</b> Donate something you like but don't need to the poor.</p>
			<p><b>Envy</b> Jealousy towards another's happiness</p> <p><b>Be thankful.</b> Thank God everyday for what you have and don't have.</p>		

**"BE HOLY IN ALL YOU DO" (1 PETER 1: 15)**

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