

7 CAPITAL SINS

<u>Sin</u>	<u>Virtue against which it sins</u>	<u>Description</u>
1. Pride	Humility	Seeing ourselves as we are and not comparing ourselves to others is humility. Pride and vanity are competitive. If someone else's pride really bothers you, you have a lot of pride.
2. Envy	Love	"love is patient, love is kind..." Love actively seeks the good of others for their sake. Envy Resents the good others receive. Envy is almost indistinguishable from pride at times.
3. Anger	Kindness	Kindness means taking the tender approach, with patience and compassion. Anger is often our first reaction to the problems with others. Impatience with others is related to this.
4. Sloth	Zeal	Zeal is the energetic response of the heart to God's commands. The other sins work together to deaden the spiritual senses so we first become slow to respond to God and then drift completely into the sleep of complacency.
5. Greed	Generosity	This is about more than money. Generosity means letting others get the credit or praise. It is giving without having expectations of the other person. Greed wants to get its "fair share" or a bit more.

6. Gluttony

Faith and Temperance

Temperance accepts the natural limits of pleasure and preserves this natural balance. This does not only pertain to food, but to entertainment and other legitimate goods, and even the company of others.

7. Lust

Self Control

Self control and self mastery prevent pleasure from killing the soul by suffocation. Legitimate pleasures are controlled in the same way an athlete's muscles are: for maximum efficiency without damage. Lust is the self destructive drive for pleasure out of proportion to it's worth. Sex, power, or image can be used well, but they tend to get out of control.