

CAPITAL SINS AND CONTRARY VIRTUES

<u>CAPITAL SIN</u>	<u>DESCRIPTION</u>	<u>CONTRARY VIRTUE(S)</u>	<u>DESCRIPTION</u>
PRIDE	Unrestrained appreciation of our own worth	HUMILITY	Recognition of the truth about ourself and the importance of others. ¹
ANGER/ WRATH	Desire for revenge	PATIENCE/MEEKNESS/ CHARITY	Forbearance, forgiveness
LUST	Disordered desire for sexual pleasure	CHASTITY	Purity of thought, word, and action. Excludes or moderates the indulgence of the sexual appetite. ²
GREED/ AVARICE	Immoderate desire for earthly goods	CHARITY/LIBERALITY/ GENEROSITY	An unlimited loving kindness toward others
ENVY	Sadness at and immoderate desire to acquire another's goods ³	KINDNESS/ BROTHERLY LOVE	Good-will toward others and abandonment to God's providence
GLUTTONY	Excessive desire for or over-indulgence of food, etc.	TEMPERANCE	Moderates the attraction of pleasures and provides balance in the use of created goods. ⁴
SLOTH/ ACEDIA (ə-'sē-dē-ə)	Laxity in keeping the Faith and in practicing virtue ⁵	DILIGENCE	Being earnest, attentive, and persistent in our work and actions.

¹ See Php 2:3-4 ("Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but [also] everyone for those of others"); <http://www.newadvent.org/cathen/03637d.htm>. St. Bernard defines humility as: "A virtue by which a man knowing himself as he truly is, abases himself." St. Thomas said: "The virtue of humility consists in keeping oneself within one's own bounds, not reaching out to things above one, but submitting to one's superior" (Summa Contra Gent., bk. IV, ch. lv, trans. Rickaby).

² Chastity is a form of the virtue of temperance (<http://www.newadvent.org/cathen/03637d.htm>).

³ St. Augustine: "From envy are born hatred, detraction, calumny, joy caused by the misfortune of a neighbor, and displeasure caused by his prosperity" (qtd. in CCC 2539).

⁴ Temperance ensures the will's mastery over instincts and keeps desires within the limits of what is honorable (CCC 1809).

⁵ Sloth is also defined as failure to do what one should do, including utilizing one's talents and gifts. Sloth exists when good men fail to act (<http://www.forpsych.eu/36-publications/articles/108-consumerism-morality-and-the-7-deadly-sins>).