



FAITH INTO FIRE OF THE HOLY SPIRIT RETREAT

The List of Capital (Deadly) Sins

The table below lists The Seven Deadly Sins (vices) in the traditional order with the virtues against which they are sins. The history of this list goes back at least to Pope St. Gregory the Great and St. John Cassian, but while the list itself is not strictly biblical, the Bible proscribes all seven. If one or more of these doesn't seem like a big sin to you, it almost certainly means you have already rationalized it. Work on that one first. By the way, there is no set list of Virtues corresponding to these. I've just listed the ones that made sense at the time.

Vice	Virtue against which it sins	Brief description
Pride (1)	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.
Avarice/Greed (5)	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.
Envy (2)	Love	"Love is patient, love is kind..." Love actively seeks the good of others for their sake. Envy resents the good others receive or even might receive. Envy is almost indistinguishable from pride at times.
Wrath/Anger (3)	Kindness	Kindness means taking the tender approach, with patience and compassion. Anger is often our first reaction to the problems of others. Impatience with the faults of others is related to this.
Lust (7)	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 its worth. Sex, power, or image can be used well, but they tend to go out of control.
Gluttony (6)	Faith and Temperance	Temperance accepts the natural limits of pleasures and preserves this natural balance. This does not pertain only to food, but to entertainment and other legitimate goods, and even the company of others.
Sloth (4)	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.