

## Seven Deadly Sins - Definition and Corresponding Virtues

1. **Pride** is excessive belief in one's own abilities, that interferes with the individual's recognition of the grace of God. It becomes quite easy to dismiss one's need for God.

**Humility** (an honest self-assessment).

2. **Greed** is the immoderate desire for earthly goods, it is a disordered and excessive desire to control persons, places, or things.

**Generosity** (the gift of one's self to another).

3. **Lust** is the desire for impure pleasures. Lust reduces human sexuality to genitality. As a result, lust tends to distort human sexual activity into a form of recreation. -

**Chastity** (properly ordered sexuality according to one's station in life).

4. **Anger** is the inordinate desire for revenge. It is a mixture of sadness and hatred in the presence of what is true.

**Patience** (to bear an evil rather than commit an evil).

5. **Gluttony** is the unrestrained use of food and drink. It is the excessive preoccupation with our bodies at the cost of becoming forgetful of our souls, ex: excessive preoccupation with physical fitness and physical beauty.

**Temperance** (controlling our desire by reason).

6. **Envy** is desiring what another person has, including wishing misfortune. Envy leads us to find a way to justify the fact that we lack the goodness that others possess.

**Kindness** (an understanding sympathy and concern for others).

7. **Sloth** is laxity of effort in being faithful and virtuous, ex: "workaholism," or by a "busy-ness" about temporal things.

**Diligence** (a steady application of one's efforts).