

# FAITH CHAT

with James & John

## Are The "Seven Deadly Sins" Really Sins?

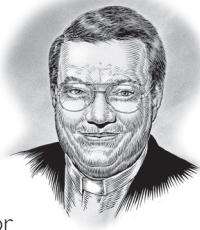
### Know This...

Sins are offenses against God. The *Seven Deadly Sins* are pride, avarice (greed), envy, wrath (anger), lust, gluttony, and sloth (laziness). Technically, they are not really 'sins' but 'vices.' Vices are harmful habits we develop by ignoring moral norms. Vices oppose virtues and they can be linked to the virtues they oppose: humility, charity, kindness, patience, chastity, temperance, and justice. 'Capital' is often used in place of 'deadly.' The word 'capital' derives from the Latin word 'caput' (head). Thus, these *Seven Capital Sins* are at the root of other vices and sins.



**John:** "Seven Capital Vices" is a more accurate term than "Seven Deadly Sins." Neither term is found in the Bible; but the Bible does denounce these vices.

**James:** *Pride* is undue self-esteem or self-love which seeks attention and honor. Pride sets us in competition with God.



**John:** *Greed* is the insatiable desire for money or material things. *Envy* is resentment of another's good fortune. *Anger* is excessive desire for vindication or vengeance.

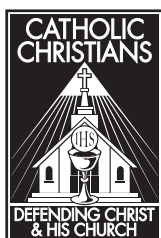
**James:** *Lust* is the excessive desire for sexual pleasure. *Gluttony* is overindulgence in food or drink.

**John:** *Sloth* is a culpable lack of effort. Sloth keeps us from fulfilling God's call to charitable good works.

**James:** Just as sin and vice become habits, through God's grace and our perseverance, these destructive habits can be replaced with virtues that last to eternity.

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Jesus spoke against the capital vices. **Pride:** "A Pharisee spoke this prayer to himself, 'O God, I thank you that I am not like the rest of humanity.'" Lk 18:11 **Greed:** "Take care to guard against all greed, for though one may be rich, one's life does not consist of possessions." Lk 12:15 **Envy:** "Do not store up for yourselves treasures on earth... But store up treasures in heaven... For where your treasure is, there also will your heart be." Mt 6:19-21 **Anger:** "I say to you, whoever is angry with his brother will be liable to judgment." Mt 5:22 **Lust:** "I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart." **Gluttony:** "There was a rich man who dressed in purple garments and fine linen and dined sumptuously each day. [He ignored the poor and hungry around him. When he died, he was in torment in the netherworld]." Lk 16:19-21 **Sloth:** "So you could not keep watch with me for one hour?..The spirit is willing, but the flesh is weak." Mt 26:40-41

"Sin creates a proclivity to sin; it engenders vice by repetition of the same acts." CCC 1865 "Vices can be classified according to the virtues they oppose." CCC 1866 "Emotions and feelings can be taken up into the virtues or perverted by the vices." CCC 1768 "The repetition of sins—even venial ones—engenders vices, among which are the capital sins." CCC 1876 "Repentance for sin and confession may restore grace to a soul, but the removal of the ingrained disposition to sin or vice requires much effort and self-denial, until the contrary virtue is acquired." CCC Glossary



**Pride:** "The beginning of man's pride is to depart from the Lord; his heart has forsaken his Maker... and the man who clings to it pours out abominations." Sir 10:12-13 **Greed:** "For the love of money is the root of all evils." 1 Tim 6:10 **Envy:** "Through the devil's envy death entered the world, and those who belong to his party experience it." Wis 2:24 **Anger:** "Give up your anger; abandon your wrath; do not be provoked; it brings only harm." Ps 37:8 **Lust:** "For all that is in the world, the lust of the flesh and the lust of the eyes and the pride of life, is not of the Father but is of the world." 1 Jn 2:16 **Gluttony:** "For the drunkard and the glutton will come to poverty, and drowsiness will clothe a man with rags." Prov 23:21 **Sloth:** "The hand of the diligent will rule, while the slothful will be put to forced labor." Prov 12:24 "If any one will not work, let him not eat." 2 Thess 3:10

Lord Jesus, You took on human flesh and showed us how to live a virtuous life. You resisted all temptation to sin. With Your gift of grace constantly working in my life, I pray that my love for You will persevere in adversity and mature in prosperity. Grant this in Your Most Holy Name. Amen.

