

The Way of Darkness (Sin):

The Seven Capital Sins

1. **Pride:** Preoccupation with one's own excellence or misery.
2. **Avarice/Greed:** Disordered desire for possessions; setting our hearts on material things; selfishness.
3. **Lust:** Disordered desire for or inordinate enjoyment of sexual pleasure.
4. **Anger:** Uncontrolled emotion which results in desire for revenge; holding resentment.
5. **Gluttony:** The inordinate use of created goods- especially food and drink- that put the pleasures of the body over the goods of the soul.
6. **Envy:** Sadness at the good of another.
7. **Sloth:** Bodily or Spiritual laziness or neglect.

Sins Against the Theological Virtues

1. Presumption on God's Mercy.
2. Despair of God's Mercy.
3. Resisting and/or Attacking the known truth.
4. Envy at another's spiritual good.
5. Obstnacy in sin.
6. Final impenitence (refusal to repent).

Sins Crying to Heaven

1. Willful murder.
2. Sodomy.
3. Oppression of the poor.
4. Defrauding laborers of their wages.

Being an Accessory to Another's Sin

1. By counsel.
2. By command.
3. By consent.
4. By provocation.
5. By praise or flattery.
6. By concealment.
7. By partaking.
8. By silence.
9. By defense of the sinful action.

The Works of the Flesh (Gal. 5:19-21)

Immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy, drinking bouts, orgies.

The Way of Light (Holiness):

The Seven Capital Virtues

1. **Humility:** Acknowledgment of truth about God, oneself and others.
2. **Generosity:** Doing actions for the benefit of others; selflessness.
3. **Chastity:** Proper integration of sexuality within the human person according to the mind of God and one's state in life.
4. **Meekness:** Gentleness of spirit that gives power of self-possession; governs anger.
5. **Temperance:** Moderation of the desire for pleasure.
6. **Brotherly Love:** Desire for the true good of one's neighbor, which leads one to act rightly toward him.
7. **Diligence:** Consistency in doing what is right.

The Theological Virtues

Faith, Hope and Charity.

The Cardinal Virtues

Prudence, Justice, Temperance and Fortitude.

The Corporal Works of Mercy

To feed the hungry, give drink to the thirsty, clothe the naked, visit the imprisoned, shelter the homeless, visit the sick and bury the dead.

The Spiritual Works of Mercy

To admonish the sinner, instruct the ignorant, counsel the doubtful, comfort the sorrowful, bear wrongs patiently, forgive all injuries and pray for the living and the dead.

The Gifts of the Holy Spirit

Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord.

The Fruits of the Holy Spirit

(Gal. 5:22-23)

Charity, Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control and Chastity.

The Beatitudes

1. Blessed are the poor in spirit; for theirs is the Kingdom of Heaven.
2. Blessed are the meek; for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger and thirst for justice; for they shall be satisfied.
5. Blessed are the merciful; for they shall obtain mercy.
6. Blessed are the pure of heart; for they shall see God.
7. Blessed are the peacemakers; for they shall be called the children of God.
8. Blessed are they that suffer persecution for justice's sake; for theirs is the Kingdom of Heaven.
9. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

Three Eminent Good Works to Overcome our Sinfulness

Prayer, Fasting and Almsgiving.

The Evangelical Counsels

Chastity, Poverty and Obedience.

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