

podcast episode 202 “seven deadly sins”

Show Notes

catechism of the catholic church reference

paragraph 1850: Sin is an offense against God: "Against you, you alone, have I sinned, and done that which is evil in your sight." Sin sets itself against God's love for us and turns our hearts away from it. Like the first sin, it is disobedience, a revolt against God through the will to become "like gods," knowing and determining good and evil. Sin is thus "love of oneself even to contempt of God." In this proud self-exaltation, sin is diametrically opposed to the obedience of Jesus, which achieves our salvation

paragraph 1866: Vices can be classified according to the virtues they oppose, or also be linked to the capital sins which Christian experience has distinguished, following St. John Cassian and St. Gregory the Great. They are called "capital" because they engender other sins, other vices. They are pride, avarice, envy, wrath, lust, gluttony, and sloth or acedia.

scripture reference

genesis 3:7-8 (Adam and Eve): Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. And they heard the sound of the Lord God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden.

seven deadly sins:

1. Pride: an excessive love of self or the desire to be better or more important than others.
2. Lust: an intense desire, usually for sexual pleasure, but also for money, power or fame
3. Gluttony: overconsumption, usually of food or drink.
4. Greed: the desire for and love of possessions.
5. Sloth (or Acedia): physical laziness, also disinterest in spiritual matters or neglecting spiritual growth
6. Anger or wrath: uncontrolled feelings of hatred or rage.
7. Envy: sadness or desire for the possessions, happiness, talents or abilities of another

virtues to combat the seven deadly sins:

1. humility (vs. pride)
2. generosity (vs. greed)
3. love/charity (vs. envy)
4. kindness (vs. anger)
5. self-control/chastity (lust)
6. temperance (vs. gluttony)
7. zeal (vs. sloth)

millie's minute:

Pride can be fought with poverty of Spirit. Just as Pride is the foundation of sin, humility is the foundational virtue.

Avarice or greed, what St Paul called the root of all evils can be battled by generosity, to share the world's goods with others.

Envy can be fought with generosity and admiration. Where envy brings only sorrow and pain, generosity is the seedbed of Joy.

Anger can give rise to more sins, Battle anger with meekness and forgiveness, both strength and gentleness. Discerning the use of force when necessary with the gentleness to forgive.

Lust can be battled with chastity, or purity of heart, one of the gifts of the holy spirit. Remembering we are the tabernacle of our Lord.

Gluttony is best served by fasting, offering up the sacrifice as prayer.

Sloth the soul in stagnant dryness can be battled with a hunger for righteousness to awaken the desire to live in zeal of mission.

Look to the beatitudes, spirit of poverty, a meek and humble heart, hunger for righteousness and the gifts of the Holy Spirit, purity of heart, generosity, and mercy to combat these seven deadly sins.

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reflection:

1. which of the deadly sins do you need to work on the most?
2. how can you help someone else struggling to fight their own struggles and grip sin might have on them?
3. which of the virtues are you strongest in?
4. when was the last time you had the sacrament of reconciliation? make it a priority to be healed.