

The Seven Capital Sins and their Opposite Corresponding Capital Virtues and Extremes

(N.B.: “The vices are often linked with the Seven Capital Sins.”)

(Glossary of the *Catechism of the Catholic Church*)

St. Elizabeth Ann Seton: “Our dear Savior was never in extremes.”

(*Liturgy of the Hours*, Vol. I, p. 1690)

<u>Capital Sins</u> (<i>Living too lax</i>)	<u>Capital Virtues</u> (<i>Living proper and balanced</i>)	<u>Opposite Extreme</u> (<i>Living too rigid</i>)
Pride	Humility	Self-Loathing
Greed (Avarice)	Generosity	Wastefulness
Lust	Chastity	Prudishness
Anger (First Cousin of Pride)	Meekness or Patience	Servility (First Cousin of Self-Loathing)
Gluttony	Temperance	Deficiency
Envy (Second Cousin of Pride)	Kindness or Brotherly Love	Pusillanimity (Cowardice/Timidity) (Second Cousin of Self-Loathing)
Sloth or Acedia	Diligence	Workaholism

Example: In regard to the virtue of “Diligence”...

St. Gregory Nazianzen, Bishop, states: “The grace of a good deed is doubled when it is done with *promptness* and *speed*.”

(*Liturgy of the Hours*, Vol. II, p. 266)

Isaiah 30:21 : “*This is the way; walk in it*, when you would rather turn to *the right* or to *the left*.”

Joshua 1:7 : “Above all, be firm and steadfast.... Do not swerve from the Law either to *the right* or to *the left*, that you may succeed wherever you go.”

St. John Damascene, Priest and Doctor: “Lead me to pastures, Lord, and graze there with me. Do not let my heart lean either to *the right* or to *the left*, but let your good Spirit guide me along *the straight path*.” (*Liturgy of the Hours*, Vol. IV, p. 1214)

St. Cyril of Jerusalem, Bishop: “Remove all obstacles and stumbling blocks so that you will be able *to go straight along the road* to Eternal Life.” (*Liturgy of the Hours*, Vol. II, p. 1714)