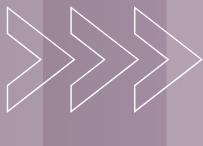
#### VIRTI BOM HOW TO BREAK THE BONDS OF SIN

VICE TO

#### PRIDE

The root of all other sins, pride consists of loving oneself above God. Satan wants us to compare ourselves to gods.



#### GREED

The sin of caring too much about worldly things, greed is obsessing over money and possessions.

# HUNIIIY

Humility is not thinking less of yourself, it is thinking of yourself less. Recognize that all of your gifts and successes come directly from God.

### GENEROSITY

Jesus urges us to care for those in need. Generosity with your time, money, and spiritual gifts are all opportunities to practice this virtue.



Lustful temptations surround us in our current society. Lust causes us to consider others as mere objects of sexual desire.



## CHASTITY

Our bodies are temples for the Holy Spirit. We must practice restraint and modesty according to our vocation in life.

#### SIOTH

Sloth refers to avoiding spiritual or physical labor in favor of personal comfort. Sloth is choosing your own will over God's will.



#### DILIGENCE

Diligence is the practice of following God's will, even if it requires the sacrifice of one's comfort. There is virtue in building a good work ethic.

### ANGER

The sin of anger can result in acting with hostility in words or actions. Another example is desiring revenge.

## MEEKNESS

Jesus is the best example of meekness, as he prayed for those who crucified him. Practice patience and mercy when resolving conflicts.

#### HNVY

Envy comes from focusing on what we do not have. It causes us to resent others for their blessings out of jealously.



#### **KINDNESS**

Kindness is treating others with brotherly love, absent of spite or bias. Recognize and give thanks for your own blessings.

## **GLUTTONY**

Gluttony is consuming to an unhealthy excess. A gluttonous person practices self indulgence, especially relating to food and drink.



### TEMPERANCE

Temperance can be practiced through selfdenial and consuming desired food and drink in healthy moderation.