

# FROM VICE TO VIRTUE

## HOW TO BREAK THE BONDS OF SIN

### PRIDE

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



### HUMILITY

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.

### GREED

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



### 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.

### LUST

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.

### SLOTH

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.

### ENVY

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



### 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 self-denial and consuming desired food and drink in healthy moderation.