

Lenten Study 2025: The Seven Deadly Sins

Why have this class? Knowing ourselves and drawing nearer to Christ (Col 3:3-10)

What we are going to learn:

- Week 1 (March 11th): What are we up against? Sin and Temptation
- Week 2 (March 18th): The Flesh, the World, and the Devil
- Week 3 (March 25th): Degrees and Kinds of Sin
- Week 4 (April 1st): Pride, Envy, and Wrath
- Week 5 (April 8th): Avarice and Gluttony
- Week 6 (April 15th): Sloth and Lust

Original Sin

The results of Original Sin on the intellect, desire, and will

"We are not sinners because we sin. We sin because we are sinners."

Actual Sin

If Original Sin is the disease, then Actual Sins are the symptoms.

"Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone." - BCP 360

- Sin is against God:
"Against thee only have I sinned, and done this evil in thy sight" – Ps. 51
- Temporal effects of sin
- Manifests in 4 ways:
by Commission: 1) thought, 2) word, and 3) deed
and by Omission: 4) things left undone
- All sins begin as temptation

Temptation: Why does God allow us to be tempted?

The 'Phases' of Temptation:

1. Suggestion
2. Delight
3. Consent

(End of Week 1)

The Three Sources of Temptation:

1. **The Flesh:** Concupiscence (1 John 2:16):

a. Concupiscence of the Flesh – “The Woman saw that the tree was good for food...” (Gen 3:6)

- Too much desire for sensible pleasure
- Concupiscence a disease of imagination and will
- Makes you a slave of the lower self

b. Concupiscence of the Eyes – “and it was a delight to the eyes...” (Gen 3:6)

- Curiosity – the inordinate desire to know things
- Chronological snobbery
- Results in
 - Inordinate desire for the world’s goods
 - The desire for money itself

c. The Pride of Life

- The inflation of ego which leads to pride
- Essentially the assertion of independence from God
- Hypocrisy

2. **The World** – the opposition of fallen humanity as a whole to the Son of God.

- Public opinion polls
- This World was judged by Christ’s very presence
- The World rejects Christ because it fears His condemnation of its way of life

3. **The Devil** – a spiritual reality

- On a short leash
- Fell through envy of humanity
- Cannot overthrow God, but can replace Him in our hearts, and so lead us to destruction.
 - The devil’s aim: to detach the soul from God.
 - Temptation proceeding from diabolical temptation must be resisted.
 - The devil acts directly through the imagination (bombardment).
 - The devil is a master of disturbing the soul

Marks of Diabolic temptation

1. Vain: founded on empty considerations of what might be
2. Produces pride
3. Violent motions
4. Troubling/distressing the soul

The inspiration of the Holy Spirit is steady, leading to calmness, reliance upon Christ, to absolution and union with God, issuing in calmness, prayer, and joy.

(End of Week 2)

Degrees of Sin

- Mortal v. Venial Sins (or Sins of Malice v. Sins of Infirmity)

“If anyone sees his brother committing a sin not leading to death, he shall ask, and God will give him life – to those who commit sins that do not lead to death. There is sin that leads to death; I do not say that one should pray for that. All wrongdoing is sin, but there is sin that does not lead to death.” – 1 John 5:16-17

Mortal sins v. Sins of Malice:

As a lifestyle, such sin puts our souls in mortal danger

Venial Sins v. Sins of Infirmity:

Image: Committing a foul vs. refusing to play the game according to the rules

What is the great danger of ‘venial’ sins?

- The Seven Stages of Sin

“Each person is tempted when he is lured and enticed by his own desire.¹⁵ Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.” – James 1:14-15

1. Suggestion
2. Delight
3. Consent
4. Act
5. Habit
6. Slavery
7. Spiritual darkness

The Seven Deadly (Capital) Sins

Why categorize sin at all? With diagnosis comes the potential for healing.

The 7 Capital (Deadly) Sins	The 7 'Lively' Virtues
Pride	<u>Humility</u>
Envy	<u>Love</u>
Wrath	<u>Forgiveness</u>
Greed	<u>Generosity</u>
Sloth	<u>Diligence</u>
Gluttony	<u>Temperance</u>
Lust	<u>Purity</u>

The remainder of this study will give us the opportunity to undergo a thorough examination of conscience :

- Which types of sin have the greatest influence over my life?
- How much of a foothold have I allowed for them?
- What are the most common 'entry points' for each?
- How does each capital sin manifest in my life, and under what circumstances is it most likely to rear its head?

Proper knowledge of the ugliness of our sin and of God's long-suffering mercy develops the abhorrence of sin.

Then we can develop a plan for purgation .

Purgation:

Matthew 12:43-45: If we don't replace these hostile 'spirits' with the appropriate 'furniture' of the virtues, what will mostly likely happen?

(End of Week 3)

The Three Spiritual Sins are: Pride, Envy, and Anger.

Seven Capital Sins – I. Pride

“PRIDE is putting self in the place of God as the center and objective of our life, or of some department thereof. It is the refusal to recognize our status as creatures, dependent on God for our existence, and placed by him in a specific relationship to the rest of his creation.” – St. Augustine’s Prayer Book

About

- The first and greatest Spiritual Sin (the other two are Envy and Anger). Pride is the root of all sins.
- Pride is open rebellion against God and reality.
- It was the sin of the Devil, the downfall of Adam and Eve (“Ye shall be as God.”), and the temptation of the pinnacle of the temple faced by Jesus.
- Danger in its subtlety. It often hides and justifies itself.
- Pride is boring – it places the ‘ego-drama’ over the ‘Theo - drama’.
- Pride is more concerned about the outside than the inside.

Fr. Jordan examples:

Pharaoh, King Saul, [Satan], Judas, Adam and Eve, Scribes and Pharisees (hypocrisy), Peter before the Crucifixion

Examination

- **Irreverence.** Deliberate neglect of, or perfunctory participation in, worship. Disregard of opportunities to honor God. Failure to adequately thank God. Disrespect for God or holy things. Attempt to bribe or placate God.
- **Sentimentality.** Seeking pious feelings and beautiful ceremonies without striving to obey God’s will.
- **Presumption.** Self-sufficiency leading to neglect of sacrament and prayer as means of grace. Penchant for “showy” virtues and distaste for hidden ones. Refusal to flee from temptation. Failure to offer our work to God.
- **Distrust.** Worry, anxiety, misgivings, scrupulosity, perfectionism. Being controlling. Over-sensitiveness and quickness to take offense. Surrender to gloom and pessimism instead of fighting to be brave, cheerful, and hopeful.
- **Disobedience.** Pursuing our own pleasure over God’s will or legitimate laws and authorities. Refusal to learn God’s nature or will as found in Scripture and the teachings of the Church. Irresponsibility or treachery.
- **Impertinence.** Refusal to examine self and confess sins. Self-justification or discounting of our sins. Comparing self to others. Refusal to accept just punishment. Deceit to escape consequences of our sins. Shame or sorrow for the consequences of our sins for us, rather than for the wrong done. Refusal to accept forgiveness, unwillingness to forgive ourselves.
- **Vanity.** Refusing to admit indebtedness to God and others. Hypocrisy. Pretense. False humility. Harsh judgment. Boasting. Undue concern over, or undo attention to, our looks, dress, surroundings in order to impress others. Deliberate slovenliness for the same purpose. Seeking flattery.
- **Arrogance.** Insisting others conform to our wishes. Being overbearing, argumentative, opinionated, obstinate.

- **Snobbery.** Pride over race, family, position, personality, education, skill, achievements, or possessions.

Opposing Virtue: Humility

- Lewis: Humility is not thinking less of yourself, but: thinking of yourself less.
- True humility is not hypocrisy, but sincerity.
- Seeing oneself truly as one is in the sight of God. Seeing the world and others through God's perspective.
- All that is good in me is God's, so I should desire only those things that God wills for me, loving His will above all.

Fr. Jordan examples:

The Blessed Virgin Mary, David before he was King, St. Michael the Archangel & more

Purgation

- Self-examination and confession.
 - Looking for sin and confessing it to God
 - Recognizing the good God is doing in your life and giving thanks
- Spiritual direction: getting an outside assessment on our spiritual lives
- Practicing Obedience
- Giving the benefit of the doubt to the Church and its Tradition
- Do not fear failure and practice hiddenness in our virtues

Recollection

- "Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." – Matthew 11:29. Pray to him who is meek and lowly of heart.
- Meditate on Christ's Passion [Stations of the Cross bulletins]

Seven Capital Sins – II. Envy

"ENVY is dissatisfaction with our place in God's order of creation, manifested in begrudging his gifts and vocation to others." – St. Augustine's Prayer Book

About

- Ruins peace within self and with others. Envy is the source of most of the strife in the world.
- Through the devil's envy, sin entered the world
- The most foolish sin, because it gives you nothing in return.
- Makes fair/just/impartial judgment almost impossible.
- Blames God for unfair assignment of talents
- Cutting off the highest heads of wheat
- Says: If I can't have it, no one can

Fr. Jordan's examples:

King Saul, Scar (Lion King), The Devil, Adam and Eve (dissatisfaction with God's role and timing), the Pharisees

Examination

- **Jealousy.** Offense at the talents, success, or good fortune of others. Selfish rivalry. Pleasure at other's misfortune. Belittling others.
- **Malice.** Ill-will, false accusations, slander, backbiting. Reading false motives into the behavior of others. Gossip. Fostering antagonism against others. Unnecessary criticism. Bullying.
- **Contempt.** Scorning of the virtue, ability, or failings of another. Prejudice against those considered inferior. Ridicule of persons, institutions, or ideals.

Opposing Virtue: Charity

- Genuine love of others seeks their good, rejoices with them at their good fortune, mourns with them in their losses and struggles.
- Proper love of self recognizes one's own God-given talents and role in creation, and embraces it.
- Love of God recognizes His perfect goodness and trusts in His care.

Fr. Jordan's examples:

St. Elizabeth, St. John the Baptist

Purgation

- Pray for, and act and speak kindly toward others. Especially those of whom we are jealous.
- Practice gratitude for what God has given us.
- Harder: practice gratitude for "those disappointments and failures that lead us to acknowledge our dependence on [God] alone." – BCP 836

Recollection

- Recall and foster a belief in divine providence. God in His love "apportions to each one individually as he wills." (1 Corinthians 12:11). He gives to each person what is best for him or her, according to His divine understanding and love (rather than our limited human understanding and love).
- Trust in God's Providence leads to *holy indifference*, which accepts with thankfulness what God sends to us, and refuses to be envious of others.

Seven Capital Sins – III. Wrath

"WRATH is open rebellion against God or our fellow creatures. Its purpose and desire is to eliminate any obstacle to our self-seeking, to retaliate against any threat to our security, to avenge any insult or injury to our person." – St. Augustine's Prayer Book

About

- Roots in instinct and passion/emotion.
- Moves from instinct (impatience) to emotion (passion) to mind (brooding/sullenness) to will (willing or acting to bring about harm).

- Danger is its suddenness.
- Rooted in the ' Pride of Life ' – thinking we're someone important or that our agendas are too important to be interrupted or thwarted.
- God made anger for protecting what is sacred.
- Anger is a distraction: Any anger other than righteous indignation "is a waste of spiritual energy, it may be justified, it may be excusable, but ... if you want to get to the top of the mountain it is best to avoid fighting on the way up." (Martin Thornton)

Fr. Jordan's examples:

Cain, Moses, James and John before the Resurrection, King Saul, King Herod, Samson

Examination

- **Resentment.** Refusal to discern, accept, or fulfil God's will. Dissatisfaction. Unwillingness to face difficulties or sacrifices. Transferring blame from self to others. Cynicism, Annoyance. Profanity. Grumbling.
- **Pugnacity.** Attack upon another in anger. Murder in deed or desire. Combativeness. Nursing grudges. Hurting with words or deeds. Quarrelsomeness. Bickering. Contradiction. Nagging. Rudeness. Snubbing.
- **Retaliation.** Planning or executing vengeance for wrongs, either real or imagined. Harsh or excessive punishment. Hostility. Sullenness. Refusal to forgive or to accept reconciliation. Unwillingness to love, to do good to, or to pray for enemies. Boycotting or ostracizing for selfish reasons. Spoiling others' pleasure by being uncooperative or disdainful because we did not get our way.

Opposing Virtue: Forgiveness

- Do not allow anger to be encouraged or prolonged: "let not the sun go down upon your wrath." (Eph 4:26)
- Offer reconciliation, acknowledging your part. If it is not accepted, that is your adversary's choice.

Fr. Jordan's examples:

Jesus on the Cross, St. Stephen, Amish community after the school shooting, Corrie Ten-Boom

Purgation

- Practice temperance (self-control) and patience.
- Silence before speaking.
- Pray for enemies. Render good for evil.
- Meditate on Christ who was falsely accused, struck, spat upon, insulted, mistreated and abused but did not retaliate.
- Consider that we do not need to avenge ourselves, since vengeance belongs to God. He will not fail to reward those who patiently wait for Him.

Recollection

- When anger comes upon you, make the sign of the cross, pray "O God make speed to save me! O Lord make haste to help me!" (Ps. 70:1)
- Through self-examination and penitence, remember God's patience and mercy with you.
- Pay attention to your body – what are the signs that anger is building? Turn to Christ quickly before it has a chance to build!

(End of Week 4)

Seven Capital Sins – IV. Greed

“COVETOUSNESS (Greed) is the refusal to respect the integrity of other creatures, expressed in the inordinate accumulation of material things; in the use of other persons for our personal advantage; or in the quest for status, power, or security at their expense.”

– St. Augustine’s Prayer Book

About

- Disordered love of worldly goods.
- Enters through Concupiscence of the Eyes
- All worldly goods are given to us by God in the amount he wills for our need and comfort. There are three kinds of goods:
 - Necessary Goods. “These are, as a matter of fact, far fewer than any of us except Carthusian monks, and others like them, suppose.” (F. P. Harton) God always provides these.
 - Useful Goods. Reasonable comforts that go beyond the bare necessities. God provides these as we need.
 - Luxuries. From the Latin word for debauchery, extravagance, and excess, and the source of the English word “Lust.” These are goods that exceed our legitimate needs and minister merely to the satisfaction of the flesh.
- It is greed to desire any good, even a spiritual good, for its own sake and without reference to the will of God.
- It is greed to make the pursuit of worldly life goods the main object of life.
- It is greed to acquire wealth without care for the rights and needs of others.
- It is greed to hoard goods you cannot use – especially when they are needed by others.
- Greed “produces a hard and grasping spirit.” (F. P. Harton)

Examples:

Fr. Jordan’s examples: Judas, Ebenezer Scrooge, King Solomon, Nabal

Examination

- **Inordinate Ambition:** Pursuit of status, power, influence, reputation, or possessions at the expense of moral law, or other obligations, or the rights of others. Putting self or family first. Conformity to standards we know to be wrong or inadequate to get ahead. Intrigue or conspiracy for self-advancement.
- **Domination:** Seeking to use or possess others. Over-protection of children; refusal to discipline for fear of losing their affection; imposing our ideal on them. Patronizing or pauperizing others. Favoritism. Bribery.
- **Avarice:** Inordinate pursuit of wealth or material things. Theft, dishonesty, misrepresentation, or sharing in stolen goods. Cheating. Making worldly success the goal of our life or the standard of judging others.

- **Prodigality:** Waste. Extravagance. Living beyond our means. Failure to pay debts. Gambling more than we can afford to lose. Unnecessary borrowing. Spending on self what is needed for the welfare of others.
- **Penuriousness:** Undue protection of wealth or security. Refusal to support or help those who have a claim on us. Sponging. Stinginess. Failure to give due proportion of income to Church and charity, or time and energy to good works. Failure to pay pledges when you can.

Opposing Virtue: Generosity.

- Generosity of spirit and largeness of heart.
- Most deeply, this is a desire to give. It is imitation of God, who is preeminently generous.
- Freedom from the tyranny of things.
- Paired with gratitude to God.

Examples:

Fr. Jordan's Examples: King David, Abraham, Mary of Bethany, The Blessed Virgin Mary

Purgation

- Give alms generously. This is a Christian duty and an aid to generosity of spirit.
- Pledge to the Church at a level that causes some discomfort. Work toward tithing.
- Forego a luxury, or choose a lesser luxury, and give away the savings.

Recollection

- Remember "all things come of thee, O Lord, and of thine own have we given thee."
- Parable of the talents. We are stewards, not owners.
- Practice contentment and gratitude to God for all that you have.

Seven Capital Sins – V. Gluttony

"GLUTTONY is the overindulgence of natural appetites for food and drink, and by extension the inordinate quest for pleasure or comfort." – St. Augustine's Prayer Book

About

- The final three capital sins (gluttony, lust, and sloth) deal with concupiscence of the flesh.
- Drinking to excess (intemperance) is also considered a form of gluttony.
- Note: the appetites are natural. It is not the appetite itself but the overindulgence that is the sin.
- Minor excesses reduce habitual self-control. Continually giving way to desires gradually builds up a craving.
- In the proper order of creation, the spirit rules the mind which orders the body. Gluttony reverses that order as the mind serves the desires of the flesh and the spirit suffers because it is oriented away from God.
- Gluttony thus enfeebles the spiritual, intellectual, and moral faculties.

Examples:

Fr. Jordan's Examples: Adam and Eve, Esau, Israel in the Desert, King Solomon, the Cretans (Titus 1:12),

Examination

- **Intemperance.** Overindulgence in food, drink, smoking, or other physical pleasures. Demanding excessively high standards, fussiness. Condemnation of material things as bad in themselves, inhibiting their use rather than their abuse.
- **Lack of Discipline.** Negligence in keeping days of fasting or abstinence, or other spiritual discipline. Neglect of bodily health – lack of rest, recreation, exercise, or wholesome nourishment. Failure to use or cooperate with proper medical care. Use of sickness to escape responsibilities.

Opposing Virtue: Temperance.

Examples:

Fr. Jordan's Examples: John the Baptist, Jesus in the Desert, Monastic Saints,

Purgation

- Fasting and abstinence
- Abstinence is refraining from certain kinds of food (e.g. no meat).
- Fasting is eating less (or no) food.
 - BCP: Fasting Days: Ash Wednesday and Good Friday.
 - Days of Special Devotion" (marked by "special acts of discipline and self-denial): Weekdays of Lent and Holy Week (except the Feast of the Annunciation). Good Friday and all Fridays of the year except during Christmastide and Eastertide, or on Feasts of our Lord that occur on Friday.
- Traditionally: Fasting (one full meal and one half meal for the day) on weekdays of Lent, Ember Days, and the Vigils of Pentecost, the Assumption (St. Mary the Virgin), All Saints, and Christmas.
- Abstinence from flesh meat on all Fridays (except Feasts of Our Lord, Christmastide, or Eastertide), and the Vigils of the Assumption, All Saints, and Christmas.
 - Find people who share a rule with you for accountability and encouragement!
- Eucharistic Fast: no food until after the Eucharist.
- Fast of Devotion: choosing to fast or abstain as an act of devotion or for someone else. This is especially good if you find yourself craving a particular food or good.

Recollection

- "And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD." (Deut. 8:3, see also Matt. 4:4)
- "'All things are lawful for me,' but not all things are helpful. 'All things are lawful for me,' but I will not be dominated by anything. 'Food is meant for the stomach and the stomach for food' – and God will destroy both one and the other." (1 Cor. 6:12-13a)

- “Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.” (Phil. 3:19-20)
- Thank God before every meal, remember those who lack food, pray that the food may strengthen us for service and praise of God.

Seven Capital Sins – VI. Sloth

“SLOTH is the refusal to respond to our opportunities for growth, service, or sacrifice.” – St. Augustine’s Prayer Book

About

- Primarily concerns sins of omission.
- Rooted in fear and perfectionistic pride.
- Undermines and corrodes all of the spiritual life, because it prevents all efforts toward spiritual growth.
- It is possible to be very active externally and at the same time extremely slothful in spirit.
- Intellectual sloth: lazily borrowing the opinions of others, or parroting talking-points.
- Moral sloth: taking the path of least resistance until forced out of it.
- Spiritual sloth (akēdia): spiritual gloom and heaviness, takes the life out of prayer, kills devotion, creates a distaste for spiritual things, renders the soul restless and unhappy.

Examples:

Fr. Jordan’s Examples: The Parable of the Talents, Proverbs 24:30-34, Eli the Priest, Samson, the Tribe of Ephraim who turned back in the day of battle (Ps. 78:9), the Benjaminites (Judges 19-20)

Examination

- **Laziness.** Indolence in performing spiritual, mental, or physical duties. Neglect of family, business, or social obligations or courtesies. Procrastination. Busyness or triviality to avoid more important commitments. Spending excessive time on rest, recreation, screens (TV, phone, etc.), light reading, etc. Waste of employer’s time or shoddy or inadequate work.
- **Indifference.** Unconcern over injustice done to others. Unmindfulness of the suffering of the world. Failure to become adequately informed on all sides of contemporary issues. Neglecting duties to community or state. Ignoring the needy, lonely or unpopular in our family, parish, or neighborhood. Insufficient attention to the religious needs of our family. Failure to fulfill our obligation of Christian witness, or to take a full and informed part in the effort to make the Church’s unity and holiness a manifest reality on earth.

Opposing Virtue: Diligence & Fortitude

“The man who would overcome in himself sloth, and be by way therefore of overcoming those sins ‘that sloth ay holdeth in a leash’ has need of strength and perseverance in serving God with all his might in the small things of daily life, so may he despise ‘alle noyous things’ as he ought and attain to the joy of freedom in well-doing.” – F. P. Harton (quoting the Parsones Tale in Chaucer)

Examples:

Fr. Jordan's Examples: Joseph (Genesis and Matthew), David, Daniel, St. Paul, St. Epaphras, the Ants (Proverbs 6:6-8)

Purgation

- Hard work: "Idleness is an enemy of the soul. Because this is so the brethren are to be occupied at specified times in manual labour, and at other fixed hours in holy reading." – The Rule of St. Benedict
- Schedule out your day
- Create a Rule of Life and strive to live by discipline
- Do not eschew manual/mundane tasks.
- Avoid mere idleness (as opposed to recreation). "Many people spend the major part of their lives, when they are not obliged to be working, either in frivolous amusement or in what is called 'killing time,' a barbarous phrase describing a barbarous thing; such people become bored because they are slothful and wasting the life which God gave them for better things. Willing work brings happiness and slays sloth." – F. P. Harton

Recollection

- 'The sluggard says, "There is a lion in the road! There is a lion in the streets!" As a door turns on its hinges, so does a sluggard on his bed. The sluggard buries his hand in the dish; it wears him out to bring it back to his mouth. The sluggard is wiser in his own eyes than seven men who can answer sensibly.' – Proverbs 26:13-16
- 'The desire of the sluggard kills him, for his hands refuse to labor.' – Proverbs 21:25
- 'I passed by the field of a sluggard, by the vineyard of a man lacking sense, and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. Then I saw and considered it; I looked and received instruction. A little sleep, a little slumber, a little folding of the hands to rest, and poverty will come upon you like a robber, and want like an armed man.' – Proverbs 24:30-34
- "And if pride is essentially the failure to accept the fact of creation, sloth is the refusal to accept its glorious implications. Pride looks at creation and fails to understand it, sloth looks at creation and turns away." – Martin Thornton
- "He will not let your foot be moved and he who watches over you will not fall asleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep." – Psalm 121:3-4

Seven Capital Sins – VII. Lust

"LUST is the misuse of sex for personal gratification, debasing it from the holy purpose for which God has given it to us." – St. Augustine's Prayer Book

About

- The use of another human being as a means for your pleasure.
- God calls us to put fences around sexuality because it is the means by which human life enters the world, which is sacred.
- Pornography one of our culture's great spiritual crises. Average age of first exposure to pornography is 11...

- Best to deal with the impulse rather than the manifestations.
- Physical impulse: work, healthy recreation, and exercise help.
- Mental impulse: engage in mental and spiritual interests.
- Precaution is most effective: careful custody of the eyes, and flight in time of temptation.

Examples:

Fr. Jordan's Examples: King David & Solomon, Samson

Examination

- **Unchastity.** Violation of the Church's marriage laws. Lack of consideration for one's partner. Refusal to fulfill the purpose of Holy Matrimony in bringing forth and giving adequate care to children, or to take full share in the responsibilities or work involved. Unfaithfulness to one's spouse. Sexual indulgence outside matrimony, in thought or act, alone or with others.
- **Immodesty.** Stimulation of sexual desire in others by word, dress, or actions; or in oneself by reading, pictures, or fantasies.
- **Prudery.** Fear of sex or condemnation of it as evil in itself. Stimulation of excessive or harmful curiosity by undue secrecy. Repression of sex.
- **Cruelty.** Deliberate infliction of pain, mental or physical. Tormenting of animals.

Opposing Virtue: Chastity.

"Purity is not a pale, negative kill-joy virtue suitable only for the anemic, rather it is the virtue of the valiant-hearted. ... it is nothing less than the manful drawing of the whole self to the simple love of God, the consecration of the whole man to the Sacred Heart; the most positive, flaming, costing, giving, offering, worshipping thing that the soul can do." – F. P. Harton

Examples:

Fr. Jordan's Examples: St. Paul, The Blessed Virgin Mary, St. Thomas Aquinas, Isaac, the Prophet Daniel

Purgation

- Use decisive action to remove access to pornographic material: "If your eye causes you to sin, pluck it out and cast it from you. If your right hand causes you to sin, cut it out and cast it from you." Matthew 18:8-9
- The best defenses against lust are positive and spiritual. Direct your gaze upwards.
- Frequent Confession, regular Communion, constant prayer, the use of holy artwork/icons.
- This sin above all others produces shame, which leads the soul to keep away from God. Confession frees from this shame.

Recollection

- "Blessed are the pure in heart, for they shall see God." – Matt. 5:8

- “[Jesus said,] ‘You have heard it was said, “You shall not commit adultery.” But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.’” (Matt. 5:27-28)
- Contemplation of Christ the Bridegroom and his Bride, the Church, as the fullest expression of union and marriage (see Eph. 5:21-33; Revelation 19:6-9; 21:1-7)

A Prayer Before Self-Examination:

O Holy Spirit, source of all light, Spirit of wisdom, of understanding and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognize them before thy judgment-seat. Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heartfelt sorrow for my transgressions, knowing how deeply they have wounded the loving Heart of my Heavenly Father; and help me to make a good confession that all stain of guilt may be washed away in the Precious Blood of my Savior Jesus Christ. Amen.

- Think of yourself as God’s child, and of the wickedness of following Satan rather than your loving Father.
- Do not be in a hurry, and do not vex yourself because you cannot remember everything. Be honest with God and with yourself, this is all God asks of you.
- Write down briefly what you remember of your sins. Don’t try to depend on your memory.
- Do not fret about your sins. Remember, you are trying to recall them in order that you may be forgiven, not that you may be condemned. “A broken and contrite heart, O Lord, shalt thou not despise.”

A Prayer After Self-Examination:

O my God, how great are my sins! Would that I had never offended thee. If by carelessness or ignorance I have forgotten anything in my self-examination, show it to me now that I may make a good confession. Through Jesus Christ our Lord. Amen.

(End of Week 6)