

LIFE-GIVING VIRTUES



Everyone's heard of the Seven Deadly Sins, but did you know that they have opposite virtues as well?

Sometimes, the more we try to conquer a particular sin, the more we end up committing it!

Instead of trying to wipe out the bad, perhaps we would be better to focus on trying to cultivate what is good.

Do you have a tendency to a particular sin? (Admit it, we all do!) Why not concentrate on its opposite virtue?

Tempted to envy? Try being kind to the person of whom you are jealous. Tempted to gossip? Make an effort to say one nice thing every day. Tempted towards laziness? There's always that long put-off fitness plan...

Go on, give it a try. Your deadly sin might just turn into a life-giving virtue!

THE SEVEN DEADLY SINS AND THEIR OPPOSITE VIRTUES

| | |
|----------|------------|
| Pride | Humility |
| Avarice | Generosity |
| Lust | Chastity |
| Envy | Gentleness |
| Gluttony | Temperance |
| Anger | Patience |
| Sloth | Diligence |

