

The Seven Deadly Sins

A Deadly Sin is a Mortal Sin while other sins may not be considered Mortal. We have been taught that there are two different kinds of sin, Venial and Mortal. If we commit a venial sin, we can still receive Holy Communion as long as we have justly repented for any venial sin that we committed. We do so during the holy Mass when we recite the Penitential Rite (I confess to Almighty God...”), the “Lord have mercy” prayer, the Agnus Dei prayer and lastly when we recite the Our Father prayer. These three opportunities given to us in the Latin Right Mass should always be treated with care and concern, seeking mercy from Jesus so that you can be properly disposed to receive His holy Body and Blood.

Mortal sins are different, they are serious and they deprive us of the Lord's grace. You should never receive Holy Communion if you have committed a Mortal sin (refer to Sacrilege). The only way you can rid your soul of this deadly/mortal sins is through Sacramental Confession. In the Holy Bible, Jesus states: “All wrongdoing is sin, but there is sin which is not mortal” (1 Jn 5:17). According to the Catechism of our Catholic faith, it states: ***A mortal sin is a violation of God's law that concerns grave moral matter and is done with full knowledge, deliberation, freedom, and consent. A venial sin involves lighter moral matter or is done without sufficient knowledge, full consent, or adequate freedom. (Refer to CCC 1854-1864)***

Jesus speaks on the Seven Deadly Sins which we have listed next to the Seven Holy Virtues. The more we seek these Holy Virtues, the less likely we will commit a Deadly Sin.

| HOLY VIRTUES | DEADLY SINS |
|---------------------|--------------------|
| 1. Humility | 1. Pride |
| 2. Meekness | 2. Covetousness |
| 3. Chastity | 3. Lust |
| 4. Meekness | 4. Anger (Wrath) |
| 5. Temperance | 5. Gluttony |
| 6. Brotherly Love | 6. Envy |
| 7. Diligence | 7. Sloth |

Anger is one of the most dangerous sins. Anger leads to unforgiveness towards the one who hurt your feelings; but the Bible makes it clear, “But if you will not forgive, neither will your Father that is in heaven, forgive you your sins.” (see Mark 11:26). Jesus gave us the “Our Father” prayer which we are to recite constantly. In this prayer, we read: “Forgive us our trespasses (Father) as we forgive those who trespass against us.” (see Mt. 6:9-13).

Unless you complete a full examination of your past relationships with others, of anyone who has truly hurt you in the past, you can be assured that the demons of Anger have attached themselves to you and won't depart unless you forgive.

We offer the following processes to help you search your heart and mind of any unresolved anger.

The Seven Deadly Sins (continued)

- You can begin by praying to our Lord and asking Him to help you, such as in front of Jesus in Eucharistic Adoration or before the Tabernacle.
- Ask the Lord to help you remember anyone who has hurt you or offended you in any way. You can ask the Lord to show you the faces of anyone whom you have been holding Anger towards and don't be surprised if He shows you them.
- For each person that the Lord shows you, ask Jesus for the grace necessary to forgive him or her. You need to spend some time on this task, being hurt by others especially if it is a mother or father, brother or sister, or husband or wife will take time and tears to reflect on.
- Next surrender your anger towards him or her to Jesus. If you are in front of a Crucifix with the body of Christ on it, then it is easier to visualize. Hand every each person to Jesus, one by one. You can recite this prayer while doing so, "Dear Jesus, you died on the cross for my sins so please help me to forgive xxx from what they have done to you. If you were molested as a child, or raped, beaten, or wrongly accused; in order for you to enter into the Kingdom of Heaven, YOU MUST FORGIVE!"
- Next, you need to follow-up with making a Sacramental Confession. Since demons are liken to attorney's (they know the entire Bible inside and out and know when you have sinned against God), the only way to rid them from being attached to you is through Sacramental Confession. You can simply state to the Priest, "Father forgive me because I have sinned by holding onto anger towards people".
- Lastly, don't be surprised when you feel something leaving you from behind your head, where your soul resides. The demonic evil spirits must be obedient to God and will depart from you through the Lord's mercy.

In the Holy Bible, we read a passage that illustrates what happens to us when we sin against the Lord and it states: "That they might know (referring to humans) that by what things a man sinneth, by the same also he is tormented. For Thy almighty hand, which made the world of matter without form, was not unable to send upon them a multitude of bears, or fierce lions, or unknown beasts of a new kind, full of rage, (referring to demons) either breathing out a fiery vapour, or sending forth a stinking smoke or shooting horrible sparks out of their eyes: whereof not only the hurt might be able to destroy them (referring to humans), but also the very sight might kill them through fear. Yea and without these, they might have been slain with one blast, persecuted by their own deeds, and scattered by the breath of thy power: but thou has ordered all things in measure, and number and weight. For great power always belonged to Thee alone: and who shall resist the strength of Thy arm? For the whole world before thee is as the least grain of the balance, and as a drop of the morning dew, that falleth down upon the earth: But Thou hast mercy upon all, because Thou canst do all things and over lookest the sins of men for the sake of repentance. For Thou lovest all things that are, and hatest none of the thngs which Thou hast made: for Thou didst not appoint, or make any thing hating it. And how could anything endure, if Thou wouldest not? Or be preserved, if not called by Thee. But Thou sparest all: because they are Thine, O Lord, who lovest souls. (See Wisdom 11:17-27)