

Seven Holy Virtues and the Seven Deadly Sins

A virtue is a habit that perfects the powers of the soul which encompasses the intellect, will and memory and inclines one to do good. Virtues are either natural meaning acquired by human activity, or supernatural which are those infused by God. Virtues, according to their object are either divine (called theological) or moral (something created by God as their object such as one's fellow-man). The three highest or Theological virtues, which are infused supernatural means whereby the human person's whole ethical, religious, and spiritual life is directed towards the possession of God. (Refer to page 602 of the Catholic Encyclopedia).

- Virtue of Humility fights against the Deadly Sin of Pride (the chief of the capital sins).
- Virtue of Generosity fights against the Deadly Sin of Greed.
- Virtue of Chastity fights against the Deadly Sin of Lust.
- Virtue of Patience fights against the Deadly Sin of Sloth (called Laziness).
- Virtue of Temperance fights against the Deadly Sin of Anger.
- Virtue of Fraternal Charity (Liberality) fights against the Deadly Sin of Avarice (Covetousness).
- Virtue of Diligence fights against the Deadly Sin of Sloth (also called Acedia).