

### Ways of Conquering the Seven Deadly Sins

IN GENERAL: The practice of Self-Discipline, Self-Denial, Self-Sacrifice, Detachment, Recollection of God's Presence.

TO CONQUER PRIDE: Cultivation of Simplicity; seeking to be Meek, Lowly, and Humble of Heart; Meditation upon Our Lord's Life.

TO CONQUER ANGER: Practicing Self-Control; silence before speaking; signing the Cross; realizing the possibility of acts of violence; praying for others or self; rendering good for evil; Kindness; Patience; Forbearance; Forgiveness.

TO CONQUER COVETOUSNESS: Caring little for earthly things; never hoarding; being generous to man and grateful to God; giving liberally to the Church and all good works, and sharing with others.

TO CONQUER LUST: Cultivating Purity in thought, word, and deed; refusing to look at, speak or think of suggestive things; avoiding sources of temptation; regular habits; exercise;

prayer; fasting; flight, in special bodily temptation; realizing the awful consequences of lust.

TO CONQUER ENVY: Cultivating Love, Magnanimity, rejoicing in the joy or success of others.

TO CONQUER SLOTH: Living by Rule; being with useful or profitable employment; doing our duties conscientiously to the best of our ability as in the Sight of God, for God's glory; taking proper Rest or Recreation, but resisting idleness or laziness.

TO CONQUER GLUTTONY: Ruling our desires; being temperate and moderate; fasting at times; avoiding excess; taking less than desired.

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## Numbers to Remember

### The Ten Commandments (Exodus 20 ; Deut 5:6-21)

1. I am the Lord thy God, who brought thee out of the land of Egypt, out of the house of bondage. Thou shalt not have strange gods before Me. Thou shalt not make to thyself a graven thing, nor the likeness of anything that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them, nor serve them.
2. Thou shalt not take the Name of the Lord thy God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

### The Ecclesiastical Duties

- To keep the Festivals and Fasts of the Church.
- To observe the customs, commands, and ceremonies of the Church.
- To attend public worship and

receive the Holy Communion.

### The Seven Sacraments

1. Baptism, *Mt 28:19.*
2. Confirmation, *Acts 8:17.*
3. Holy Eucharist, *Mt 26:26.*
4. Penance, *John 20:23.*
5. Anointing of the Sick, *James 5:14.*
6. Holy Orders, *Luke 22:19.*
7. Matrimony, *Mt 19:6.*

### The Three Theological Virtues

Faith-Hope-Charity

### The Four Cardinal Virtues

Prudence-Justice-Fortitude-Temperance

### The Seven Gifts of the Holy Spirit (Is 11:2-3)

Wisdom, Fortitude, Fear of the Lord, Understanding, Knowledge, Counsel, Piety.

### The Twelve Fruits of the Holy Spirit (Gal 5:22)

Love, gentleness, patience, joy, goodness, modesty, peace, truth, temperance, longsuffering, meekness, chastity.

### The Seven Spiritual Works of Mercy

- To instruct the ignorant.
- To counsel the doubtful.
- To correct offenders.

- To endure injury.
- To forgive wrong.
- To pray for others.
- To comfort the afflicted

**The Seven Corporal Works of Mercy (Mt 25: 35, 36, Tob 12:12)**

- To feed the hungry.
- To clothe the naked.
- To shelter the stranger.
- To visit the sick.
- To help prisoners.
- To bury the dead.
- To visit the widow and fatherless.

**The Eight Beatitudes (Mt 5)**

1. Blessed are the poor in spirit; for theirs is the kingdom of Heaven.
2. Blessed are the meek; for they shall possess the land.
3. Blessed are they that mourn; for they shall be comforted.
4. Blessed are they that hunger and thirst after justice, for they shall be filled.
5. Blessed are the merciful: for they shall obtain mercy.
6. Blessed are the clean of heart; for they shall see God.
7. Blessed are the peacemakers; for they shall be called the children of God.
8. Blessed are they that suffer persecution for justice' sake; for theirs is the kingdom of Heaven.

**The Seven Deadly Sins and their opposite virtues**

- Pride - Humility
- Covetousness - Generosity
- Lust - Purity
- Anger - Forgiveness
- Gluttony - Temperance
- Envy - Love
- Sloth - Diligence

**The Six Sins against the Holy Spirit**

- Presumption of God's mercy --
- Despair --Impugning the known truth
- Envy at another's spiritual good --
- Obstinacy in sin--Final impenitence.

**The Four Sins Crying to Heaven for Vengeance.**

- Willful murder; The sin of Sodom;
- Oppression of the poor; Defrauding laborers of their wages.

**Nine Ways of being an Accessory to another's Sin.**

- By counsel --By command --By consent --By provocation -- By praise or flattery --By concealment --By partaking --By silence --By defense of the ill done.

**Seven Stages of Sin**

- Suggestion - pleasure-consent-act-habit-slavery-spiritual blindness.

**Three Dangers to the Soul**

- The world, the flesh and the Devil.

**Three Eminent Good Works (Christian Duties)**

- Prayer-Fasting-Almsgiving.

**The Evangelical Counsels**

- Voluntary poverty-Chastity-Obedience.

**The Four Last Things to be Remembered.**

- Death-Judgment-Hell-Heaven.

**Four Notes of the True Church**

- One. Holy. Catholic. Apostolic.

**Three Tests of Catholicity**

- Antiquity. Universality. General Consent.

**Holy Days of Obligation on which all Confirmed persons should receive the Holy Communion.**

- Christmas. Easter. Whitsunday.

**Other Times of Obligation or Devotion.**

- Holy Days. Saints' Days. Sundays.

**Obligations for Sunday.**

- To attend the Holy Eucharist for Communion, unless prevented by grave cause.

**The Seven Penitential Psalms**

- 6, 32, 38, 51, 102, 130, 143.

**The Gradual Psalms.**

- 120 to 134.

**The Psalm of the Saints**

- 119

**Subjects for Daily Meditation.**

- Remember, Christian soul, that thou hast this day, and every day of thy life:

- God to glorify,
- Jesus to imitate,
- The Angels and Saints to invoke,
- A soul to save,
- A body to mortify,
- Sins to expiate,
- Virtues to acquire,
- Hell to avoid,
- Heaven to gain,
- Eternity to prepare for,
- Time to profit by,
- Neighbors to edify,
- The world to despise,
- Devils to combat,
- Passions to subdue,
- Death perhaps to suffer,
- And Judgment to undergo.

**The Marks of a Real Repentance.**

- I. In the Heart: Contrition.
- II. In the Mouth: Confession.
- III. In the Life: Amendment.

**When Marriages Should Not Be Solemnized.**

- From Advent Sunday until eight days after the Epiphany.
- From Septuagesima until eight days after Easter.
- From Rogation Sunday until Trinity Sunday.