

# Seven Deadly Sins (Capital Sins)

**Q. 295. Which are the chief sources of sin?**

A. The chief sources of sin are seven: Pride, Covetousness, Lust, Anger, Gluttony, Envy, and Sloth, and they are commonly called capital sins.

**Q. 296. What is pride?**

A. Pride is an excessive love of our own ability; so that we would rather sinfully disobey than humble ourselves.

**Q. 297. What effect has pride on our souls?**

A. Pride begets in our souls sinful ambition, vainglory, presumption and hypocrisy.

**Q. 298. What is covetousness?**

A. Covetousness is an excessive desire for worldly things.

**Q. 299. What effect has covetousness on our souls?**

A. Covetousness begets in our souls unkindness, dishonesty, deceit and want of charity.

**Q. 300. What is lust?**

A. Lust is an excessive desire for the sinful pleasures forbidden by the Sixth Commandment.

**Q. 301. What effect has lust on our souls?**

A. Lust begets in our souls a distaste for holy things, a perverted conscience, a hatred for God, and it very frequently leads to a complete loss of faith.

**Q. 302. What is anger?**

A. Anger is an excessive emotion of the mind excited against any person or thing, or it is an excessive desire for revenge.

**Q. 303. What effect has anger on our soul?**

A. Anger begets in our souls impatience, hatred, irreverence, and too often the habit of cursing.

**Q. 304. What is gluttony?**

A. Gluttony is an excessive desire for food or drink.

**Q. 305. What kind of a sin is drunkenness?**

A. Drunkenness is a sin of gluttony by which a person deprives himself of the use of his reason by the excessive taking of intoxicating drink.

**Q. 306. Is drunkenness always a mortal sin?**

A. Deliberate drunkenness is always a mortal sin if the person be completely deprived of the use of reason by it, but drunkenness that is not intended or desired may be excused from mortal sin.

**Q. 307. What are the chief effects of habitual drunkenness?**

A. Habitual drunkenness injures the body, weakens the mind, leads its victim into many vices and exposes him to the danger of dying in a state of mortal sin.

**Q. 308. What three sins seem to cause most evil in the world?**

A. Drunkenness, dishonesty and impurity seem to cause most evil in the world, and they are therefore to be carefully avoided at all times.

**Q. 309. What is envy?**

A. Envy is a feeling of sorrow at another's good fortune and joy at the evil which befalls him; as if we ourselves were injured by the good and benefited by the evil that comes to him.

**Q. 310. What effect has envy on the soul?**

A. Envy begets in the soul a want of charity for our neighbor and produces a spirit of detraction, backbiting and slander.

**Q. 311. What is sloth?**

A. Sloth is a laziness of the mind and body, through which we neglect our duties on account of the labor they require.

**Q. 312. What effect has sloth upon the soul?**

A. Sloth begets in the soul a spirit of indifference in our spiritual duties and a disgust for prayer.

**Q. 313. Why are the seven sources of sin called capital sins?**

A. The seven sources of sin are called capital sins because they rule over our other sins and are the causes of them.

**Q. 314. What do we mean by our predominant sin or ruling passion?**

A. By our predominant sin, or ruling passion, we mean the sin into which we fall most frequently and which we find it hardest to resist.

**Q. 315. How can we best overcome our sins?**

A. We can best overcome our sins by guarding against our predominant or ruling sin.

**Q. 316. Should we give up trying to be good when we seem not to succeed in overcoming our faults?**

A. We should not give up trying to be good when we seem not to succeed in overcoming our faults, because our efforts to be good will keep us from becoming worse than we are.

**Q. 317. What virtues are opposed to the seven capital sins?**

A. Humility is opposed to pride; generosity to covetousness; chastity to lust; meekness to anger; temperance to gluttony; brotherly love to envy, and diligence to sloth.