

The Seven Deadly Sins and their Countervailing Heavenly Virtues.

Deadly Sin	<i>Latin</i>	Heavenly Virtue	<i>Latin</i>	Gloss	Meaning of Virtue
Lust	<i>Luxuria</i>	Chastity	<i>Castitas</i>	Purity, knowledge, honesty, wisdom	Discretion of sexual conduct according to one's state in life; the practice of courtly love. Cleanliness through cultivated good health and hygiene, and maintained by refraining from intoxicants. To be honest with oneself, one's family, one's friends, and to all of humanity. Embracing of moral wholesomeness and achieving purity of thought—through education and betterment. The ability to refrain from being distracted and influenced by hostility, temptation or corruption.
Gluttony	<i>Gula</i>	Temperance	<i>Temperantia</i>	Humanity, justice, honour, abstinence Restraint, temperance, justice	Constant mindfulness of others and one's surroundings; practicing self-control, abstinence, moderation and deferred gratification. Prudence to judge between actions with regard to appropriate actions at a given time. Proper moderation between self-interest, versus public-interest, and against the rights and needs of others.
Greed	<i>Avaritia</i>	Charity	<i>Caritas</i>	Will, benevolence, generosity, sacrifice	Generosity, charity, self-sacrifice; the term should not be confused with the more restricted modern use of the word charity to mean benevolent giving. In Christian theology, charity—or love (agāpé)—is the greatest of the three theological virtues. Love, in the sense of an unlimited loving kindness towards all others, is held to be the ultimate perfection of the human spirit, because it is said to both glorify and reflect the nature of God. Such love is self-sacrificial. Confusion can arise from the multiple meanings of the English word "love". The love that is "caritas" is distinguished by its origin—being divinely infused into the soul—and by its residing in the will rather than emotions, regardless of what emotions it stirs up. This love is necessary for salvation, and with it no one can be lost.
Sloth	<i>Acedia</i>	Diligence	<i>Industria</i>	Persistence, fortitude, effort, ethics, rectitude	A zealous and careful nature in one's actions and work; decisive work ethic, steadfastness in belief, fortitude, and the capability of not giving up. Budgeting one's time; monitoring one's own activities to guard against laziness.

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Wrath	<i>Ira</i>	Patience	<i>Patientia</i>	Forgiveness, mercy, sufferance	Forbearance and endurance that comes from moderation. Enduring the seemingly unbearable with patience and dignity. Resolving issues and arguments respectfully, as opposed to resorting to anger and fighting. Showing forgiveness and being merciful to sinners. Building a sense of peaceful stability and harmony rather than conflict, hostility, and antagonism.
Envy	<i>Invidia</i>	Kindness	<i>Benevolentia</i>	Satisfaction, loyalty, compassion, integrity	Charity, compassion and friendship for its own sake. Empathy and trust without prejudice or resentment. Unselfish love and voluntary kindness without bias or spite. Having positive outlooks and cheerful demeanor; to inspire kindness in others.
Pride	<i>Superbia</i>	Humility	<i>Humilitas</i>	Bravery, modesty, reverence, altruism	Modest behavior, selflessness, and the giving of respect. Humility is not thinking less of yourself, it is thinking of yourself less. It is a spirit of self-examination; a hermeneutic of suspicion toward yourself and charity toward people you disagree with. The courage of the heart necessary to undertake tasks which are difficult, tedious or unglamorous, and to graciously accept the sacrifices involved. Reverence for those who have wisdom and those who selflessly teach in love. Giving credit where credit is due; not unfairly glorifying one's own self. Being faithful to promises, no matter how big or small they may be. Refraining from despair. The ability to confront fear and uncertainty, or intimidation.