



Workout Tracker

The Deadly Sins

Workout Sessions

Pride and Humility

Envy and Gratitude

Lust and Fidelity

Gluttony and Moderation

Anger

Greed

Sloth

Date Completed

Workout Teammates

Contact Information

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THE DEADLY SINS – *Episode 1: Pride and Humility*



Team Member Name: _____ Date: _____

Game Strategy – It tops the list of the seven deadly sins. Pride will lead us down the path of self-destruction unless we can learn humility.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What is your definition of pride? What does pride create in you?
2. We are born with pride – it is our greatest enemy. Why is it the greatest sin?
3. What are some of the various forms of Pride? Do you struggle with any of these? Explain.
4. What is the antidote for Pride? Make some comparisons of a proud man vs. a humble man?
5. What are some remedies to overcome pride? How do you become humble?
6. Give an example where your pride/ego caused you to be disappointed in your behavior?
7. What was the most humbling experience in your life?

THE DEADLY SINS - *Episode 1: Pride and Humility*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Big-heartedness is the answer to pride.
2. Everything we have comes from God.
3. Ask God to teach you humility.

Complete your **Personal Action Item**.



Scripture References

Judith 9:8-9 Proverbs 16:5
James 4:5-10 Proverbs 11:2

Coaching Tips

Pride – an excessive or unjustified love for oneself and one’s accomplishments.

Humility is the virtue which combats pride.

Humility - Less of “me” and more of “Thee”

Is it okay to be “proud” to be Catholic or to be married for many years or proud of my children’s accomplishments?

Colloquially speaking, the word “pride” is used to indicate pleasure or satisfaction in those things or persons which reflect well on a person or those related to that person. In this sense, when the “pride” is justified and not excessive, there is nothing wrong with being proud of oneself or others. Spiritually, it is best to cultivate a sense of gratitude rather than pride, especially in things which are not solely the product of one’s own efforts. I am grateful for the graces of my Catholic faith, my marriage and the success of my children.

Catechism Connection

1866 Vices can be classified according to the virtues they oppose, or also be linked to the *capital sins* which Christian experience has distinguished, following St. John Cassian and St. Gregory the Great. They are called “capital” because they engender other sins, other vices. They are pride, avarice, envy, wrath, lust, gluttony, and sloth...

2559 “Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” But when we pray, do we speak from the height of our pride or “out of the depths” of a humble and contrite heart? He who humbles himself will be exalted; *humility* is the foundation of prayer, only when we humbly acknowledge that “we do not know how to pray as we ought,” are we ready to receive freely the gift of prayer? “Man is a beggar before God.”

1784 The education of the conscience is a lifelong task. From the earliest years, it awakens the child to the knowledge and practice of the interior law recognized by conscience. Prudent education teaches virtue; it prevents or cures fear, selfishness and pride, resentment arising from guilt, and feelings of complacency, born of human weakness and faults. The education of the conscience guarantees freedom and engenders peace of heart.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...

THE DEADLY SINS – *Episode 2: Envy and Gratitude*



Team Member Name: _____ Date: _____

Game Strategy – Our neighbor has a bigger house, maybe a nicer car, or the latest flat screen TV. We can want what he has or choose to be grateful for what we've been given. Men, are we ambitious or are we envious?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

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3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What is envy? What are some ways that we can become envious?
2. How do you think we can overcome envy?
3. Is your life characterized more by envy or by gratitude? Why?
4. Sometimes envy can lead us to be hateful and vengeful towards another person. Has there been an occasion in your life when you have been envious of another person? What caused this? How did you correct it?
5. What are some ways that we can show our gratitude? What are you grateful for?
6. What are some steps that you can take in your own life that will prevent you from being envious towards relatives? Friends? Co-workers? Neighbors?

THE DEADLY SINS – *Episode 2: Envy and Gratitude*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Psalm 73. Ask to see the Lord.
2. Mat 13:44-46. The solution is to turn back to Jesus Christ.
3. Ask the Lord to give you a positive attitude.

Complete your **Personal Action Item**. 

Scripture References

Proverbs 14:30

James 3:16

1 Corinthians 13:4

Psalm 73:1-28

Matthew 13:44-46

Coaching Tips

Envy is a resentment which "occurs when someone lacks another's quality, achievement or possession and wishes that the other lacked it."

Envy, my children, follows pride; whoever is envious is proud. See, envy comes to us from Hell; the devils having sinned through pride, sinned also through envy, envying our glory, our happiness. Why do we envy the happiness and the goods of others? Because we are proud; we should like to be the sole possessors of talents, riches, of the esteem and love of all the world! We hate our equals, because they are our equals; our inferiors, from the fear that they may equal us; our superiors, because they are above us. ~ *Saint John Vianney*

Catechism Connection

413 "God did not make death, and he does not delight in the death of the living. . . It was through the devil's envy that death entered the world"

2538 The tenth commandment requires that envy be banished from the human heart. When the prophet Nathan wanted to spur King David to repentance, he told him the story about the poor man who had only one ewe lamb that he treated like his own daughter and the rich man who, despite the great number of his flocks, envied the poor man and ended by stealing his lamb. Envy can lead to the worst crimes. "Through the devil's envy death entered the world". We fight one another, and envy arms us against one another.... If everyone strives to unsettle the Body of Christ, where shall we end up? We are engaged in making Christ's Body a corpse.... We declare ourselves members of one and the same organism, yet we devour one another like beasts.

2540 Envy represents a form of sadness and therefore a refusal of charity; the baptized person should struggle against it by exercising good will. Envy often comes from pride; the baptized person should train himself to live in humility: Would you like to see God glorified by you? Then rejoice in your brother's progress and you will immediately give glory to God. Because his servant could conquer envy by rejoicing in the merits of others, God will be praised.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...

THE DEADLY SINS – *Episode 3: Lust and Fidelity*



Team Member Name: _____ Date: _____

Game Strategy – It’s every man’s battle. Lust is laced through our entire society. It’s the devil’s most powerful weapon against us men.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
2. Go deep with the Scripture References, Coaching Tips and Catechism Connection on page 2.
3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. Thomas Aquinas says, “Lust is about the greatest of pleasures and absorb the mind more than anything.” Can you list some of the sins of lust?
2. Technology seems to be the device that the devil is using to tempt us to commit sins of lust. How is he accomplishing the scheme?
3. In the past, have you had struggles with temptations of lust? What means did you use to overcome it?
4. Currently, are you struggling with any temptations or sins of lust? What means are you using to overcome it?
5. What are some ways that you can protect yourself from sins of the flesh, especially internet pornography? How can you protect your children?
6. Our bodies are the “Temple of the Holy Spirit.” John Paul II introduced the “Theology of the Body” during his pontificate. Can you give a concise answer on how the “Theology of the Body” is a helpful means to overcoming sins of lust?
7. What are some spiritual steps that you utilize to help protect yourself from sins of lust?

THE DEADLY SINS - *Episode 3: Lust and Fidelity*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. We are all looking for beauty.
2. God will provide a way for you to stay pure.
3. 1. Recognize you have a problem. 2. Confess it. 3. Don't beat yourself up. 4. Pray for deliverance.

Complete your **Personal Action Item**. 

Scripture References

2 Corinthians 10:3-5

Romans 8:12-17

John 16:5-7

Thessalonians 4:3-8

Matthew 5:27-28

Proverbs 13:19

Coaching Tips

Lust is a disordered desire for love.

The Devil has a strategy. He attacks the foundation of the family which is built on love and marriage. He tries to influence us that it is easy to be bad.

The body is a temple of the Holy Spirit. Keep it holy.

The Holy Spirit has complete command.

With God all things are possible.

Pornography will do to your soul what drugs will do to your body.

Catechism Connection

2530 The struggle against carnal lust involves purifying the heart and practicing temperance.

2514 St. John distinguishes three kinds of covetousness: lust of the flesh, lust of the eyes, and pride of life. In the Catholic catechetical tradition, the ninth commandment forbids carnal concupiscence; the tenth forbids coveting another's goods. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his manservant, or his maidservant, or his ox, or his ass, or anything that is your Neighbor's. Everyone who looks at a woman lustfully has already committed adultery with her in his heart.

2819 "The kingdom of God [is] righteousness and peace and joy in the Holy Spirit." The end-time in which we live is the age of the outpouring of the Spirit. Ever since Pentecost, a decisive battle has been joined between "the flesh" and the Spirit.

2516 Because man is a *composite being, spirit, and body*, there already exists a certain tension in him; a certain struggle of tendencies between "spirit" and "flesh" develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. IT is part of the daily experience of the spiritual battle.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...

THE DEADLY SINS – *Episode 4: Gluttony and Moderation*



Team Member Name: _____ Date: _____

Game Strategy – We stuff our faces with chips, dips, beer, even candy bars.

We've got to have the biggest TV and the fastest car. Men, why is it that we can't seem to get enough?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
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3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. If someone asked you to explain gluttony, how would you answer them?
2. Overeating is not the only cause of gluttony. What are some other things that fall into the category of gluttony?
3. What is the antidote for gluttony? What are some ways to use moderation to counteract gluttony?
4. Do you think that we struggle with gluttony in this country? Why do you think that is so?
5. How do you think that fasting could be a good remedy for gluttony?
6. What do you think causes the craving for excessive amounts of food, drink, etc.?
7. Do you think that “self-control” could be a major factor in overcoming gluttony? Explain.

THE DEADLY SINS - *Episode 4: Gluttony and Moderation*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Jesus is the source of contentment.
2. God wants to set you free.
3. Make a plan to deal with the excesses in your life.

Complete your **Personal Action Item**. 

Scripture References

Galatians 5:19-21	Proverbs 23:19-21
Galatians 5:23-26	Amos 6:4-7
Philippians 3:19	Matthew 11:19
Ezekiel 16:49-50	

Coaching Tips

The word gluttony is derived from the Latin *gluttire* meaning to gulp down or swallow. It means the over-indulgence or over-consumption of food, drink, wealth or other items to the point of extravagance or waste.

Gluttony is an inordinate desire for more of something (created goods) - anything - good or bad.

We became attached and our focus is on the thing we desire and not God. This is Idolatry.

Catechism Connection

2535 The sensitive appetite leads us to desire pleasant things we do not have, e.g. – the desire to eat when we are hungry or to warm ourselves when we are cold. These desires are good in themselves; but often they exceed the limits of reason and drive us to covet unjustly what is not ours and belongs to another or is owed to him.

2536 The tenth commandment forbids greed and the desire to amass earthly goods without limit. It forbids avarice arising from the passion for riches and their attendant power. It forbids the desire to commit injustice by harming our neighbor in his temporal goods.

2548 Desire for true happiness frees man from his immoderate attachment to the goods of this world so that he can find his fulfillment in the vision and beatitude of God. “The promise surpasses all beatitude... In Scripture, to see is to possess... Whoever sees God has obtained all the goods he can conceive.”

1811 It is not easy for man, wounded by sin, to maintain moral balance. Christ’s gift of salvation offers us the grace necessary to persevere in the pursuit of the virtues. Everyone should always ask for this grace of light and strength, frequent the sacraments, cooperate with the Holy Spirit, and follow his calls to love what is good and shun evil.

See Also: **1809**

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...

THE DEADLY SINS – *Episode 5: Anger*



Team Member Name: _____ Date: _____

Game Strategy – Men, we like a good fight. Getting mad can give us the energy to overcome some major obstacles, but when does our anger become sin?

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
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3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. There are two types of anger. What is righteous anger? What is unrighteous or sinful anger?
2. Anger usually leads to other emotions. Can you name and describe them?
3. Cite a time when you used righteous anger to get a point across?
4. Cite an occasion when you just “lost it.”
5. It seems as though anger is quite prevalent in our society today. What do you think is the reason for so much anger?
6. Can you site an occasion when someone just “went off” on you? What was your reaction?
7. What do you think are some antidotes for controlling our/your anger? Do you have a special prayer?

THE DEADLY SINS - *Episode 5: Anger*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Acknowledge sinfulness and ask for forgiveness.
2. Ask the Holy Spirit for the power of self-control.
3. Ask the Lord to show you where your anger comes from.

Complete your **Personal Action Item**. 

Scripture References

1 Kings 16:1-2
Psalm 103:8-13

Hosea 11:8-9

Coaching Tips

Anger is a God-given emotion and part of who we are. How we handle it is human. We can use it for good or we can sin.

Anger can help us to overcome and correct evil. It can set things right. Rational (righteous) anger is constructive. Irrational anger is destructive.

Anger is rooted in pride.

The Lord is slow to anger and rich in mercy. We must model ourselves on Him.

Self-control is a virtue against anger.

Anger which leads us to resentment and bitterness is destructive for us and others we encounter.

Anger out of control is sinful. Meekness is strength under control. Reflect on the meekness of Jesus during His Passion and death.

Catechism Connection

2259 In the account of Abel's murder by his brother Cain, Scripture reveals the presence of anger and envy in man, consequences of original sin, from the beginning of human history. Man has become the enemy of his fellow man. God declares the wickedness of this fratricide: "What have you done? The voice of your brother's blood is crying to me from the ground. And now you are cursed from the ground, which has opened its mouth to receive your brother's blood from your hand."

584 Jesus went up to the Temple as the privileged place of the encounter with God. For him, the Temple was the dwelling of his Father, a house of prayer, and he was angered that its outer court had become a place of commerce. He drove merchants out of it because of jealous love for his Father: "You shall not make my Father's house a house of trade. His disciples remembered that it was written, "Zeal for your house will consume me." After his Resurrection his apostles retained their reverence for the Temple. Mt 21:13, Jn 2:16-17; Ps 69:10, Mk 14:57-58, Mt 27:39-40.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...

THE DEADLY SINS – *Episode 6: Greed*



Team Member Name: _____ Date: _____

Game Strategy – Have we fallen for the big lie that possessing or having things will make us happy? The truth is, men, that happiness comes from being rather than having.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

1. View or listen to the episode referenced above.
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3. Reflect upon the **Huddle Up** questions below and jot down your thoughts.

Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What is the sin of Greed? What do you think is the root of greed? Why is that?
2. Cite some recent examples, brought out in the news that exposed greed corporately. What was your reaction to these findings?
3. You have heard the statement before, "With money all things are possible." What does that statement mean to you? Do you think that you can find total contentment with money, power and things? Why or why not?
4. Just because a person has money and possessions doesn't make him greedy as long as they are thankful. If you were wealthy, what are some ways that you would show God your appreciation for this gift?
5. Do you think that it is better to give than to receive? Explain.
6. Sometimes, the more we have, the more we want. Has there been a time in your life when you weren't appreciative of what you had and you wanted more? Explain.
7. How can you teach your kids that having more things doesn't make us more important or better off?

THE DEADLY SINS -- *Episode 6: Greed*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. Hebrews 10:35. Lean on Jesus.
2. Luke 6:38. We overcome greed with the gift of heroic generosity.
3. Fast from the things you want. Fasting, tithing and helping others helps us push greed away.

Complete your **Personal Action Item**. 

Scripture References

1 Timothy 6:6-10 Hebrews 13:5
Tobit 12:8-9

Coaching Tips

Greed is the inordinate desire to possess wealth, goods, or objects of abstract value with the intention to keep it for one's self, far beyond the dictates of basic survival and comfort. It is applied to a markedly high desire for and pursuit of wealth, status and power.

"Greed is a sin against God, just as all mortal sins, in as much as man condemns things eternal for the sake of temporal things." ~ *St. Thomas Aquinas*

Fasting and prayer help us to learn to be satisfied with what we already have and content in all circumstances.

Catechism Connection

2536 The tenth commandment forbids *greed* and the desire to amass earthly goods without limit. It forbids *avarice* arising from a passion for riches and their attendant power. It also forbids the desire to commit injustice by harming our neighbor in his temporal goods:

When the Law says, "You shall not covet," these words mean that we should banish our desires for whatever does not belong to us. Our thirst for another's goods is immense, infinite, never quenched. Thus it is written: "He who loves money never has money enough."

2537 It is not a violation of this commandment to desire to obtain things that belong to one's neighbor, provided this is done by just means. Traditional catechesis realistically mentions "those who have a harder struggle against their criminal desires" and so who "must be urged the more to keep this commandment":

...merchants who desire scarcity and rising prices, who cannot bear not to be the only ones buying and selling so that they themselves can sell more dearly and buy more cheaply; those who hope that their peers will be impoverished, in order to realize a profit either by selling to them or buying from them... physicians who wish disease to spread; lawyers who are eager for many important cases and trials.

See Also: **2425**

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...

THE DEADLY SINS – *Episode 7: Sloth*



Team Member Name: _____ Date: _____

Game Strategy – We all need a lazy day once in a while to kick back on the couch and watch the game, but when we give into and hold onto and yield to feelings of indifference, that’s when we begin to slip into sin.

Be ready to take the field for this workout by completing the **Pregame Film Study**. Your contributions to the Huddle Discussion in our workout are vital to our team success. Remember we win and lose as a team!

Pregame Film Study

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Huddle Up – Use these questions for personal reflection to share with your team at the workout.

Warm-up Questions:

1. What particular point(s) caught your attention the most in this episode?
2. What is something useful that you learned from viewing this episode that you can apply in your own life?

Workout Questions:

1. What is the meaning of sloth or acedia? Give some examples of sloth.
2. What are some various ways that we see “sloth” at work in our modern culture?
3. What are some ways that we can counter sloth/laziness? How do we change our attitude in order to become more positive?
4. Indifference is a by-product of sloth. What is your understanding of “indifference” as it applies to our faith? In our society, why is indifference such a threat to our faith?
5. Has there been a period of time in your life when you have battled sloth (laziness) in the following areas of your life: physical, mental, or spiritual? Explain.
6. BALANCE – between work, rest, leisure activities, and prayer seems to be the key to preventing sloth. Do you have balance in your life? Explain.

THE DEADLY SINS - *Episode 7: Sloth*

Team Workout Plan - Watch the Kickoff, Game Plan and Red Zone video segments as a team. Break into huddles for discussion of the questions.

Postgame Recap - Watch the End Zone video segment as a team. Take note of the tips from the CTG team:

1. It is time for men to wake up!
2. Turn to the Blessed Mother for assistance.
3. Take on a positive attitude.

Complete your **Personal Action Item**. 

Scripture References

Proverbs 13:4

Proverbs 21:25-26

Ecclesiastes 10:18

Matthew 25:26-27

Matthew 5:13

Revelation 3:15

Colossians 4:1-6

Coaching Tips

Working to please myself is sloth .

Sloth is spiritual and emotional apathy, neglecting what God has spoken, and being physically and emotionally inactive. It can also indicate a wasting due to lack of use, concerning a person, place, thing, skill, or intangible idea that would require maintenance, refinement, or support to continue to exist.

Yawning in the face of God and focusing on me, despite that we are made for God. Sloth leads to anger.

An antidote to Sloth is Faith. Read the Scriptures daily. Be in awe of God, not indifferent towards Him.

Catechism Connection

1886 Vices can be classified according to the virtues they oppose, or also be linked to the capitals sins, which Christian experience has distinguished, following St. John Cassian and St. Gregory the Great. They are called “capital” because they engender other sins, other vices. They are pride, avarice, envy, wrath, lust, gluttony, and sloth or acedia.

2094 One can sin against God’s love in various ways:

-*Indifference* negates or refuses to reflect on divine charity; it fails to consider its prevenient goodness and denies its power

-*Ingratitude* fails or refuses to acknowledge divine charity and to return Him love for love.

-*lukewarmness* is hesitation or negligence in responding to divine love; it can imply refusal to give oneself over to prompting of charity.

—*acedia* or spiritual sloth goes so far as to refuse the joy that comes from God and to be repelled by divine goodness.

—*hatred of God* comes from pride. It is contrary to love of God, whose goodness it denies, and whom it presumes to curse as the one who forbids sins and inflicts punishments.

Personal Action Item

Develop a plan of action based upon our prayer and discussion related to the topic. How does the Lord want this topic applied in your life? Keep it simple – one or two action items.

I commit to becoming spiritually fit by...