

# St. Hilary

## Men's Group

2.9.2013

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### The Seven Capital Virues – Time for Real Resolutions – Part#2

We people of God are Spiritual Beings having a Human Experience and not Human Beings having a Spiritual Experience. The World as we experience it, has been defined by the Seven Deadly Sins. This redefinition by the master of deceit is manifested in our culture, in nations worldwide and in our daily lives.



We see it in the continuing massacre of Innocents such as Sandy Hook or in the crisis we find our American Family in.

Consider what our family brokenness has done to society:

- ❖ 3 in 10 children grow up in broken homes.
- ❖ In the African-American community, it's far worse: 72% of black children grow up with one parent.
- ❖ More than half of all American babies are conceived out of wedlock
- ❖ Of those conceived out of wedlock, 4 in 10 are aborted. And so, the cycle of violence begins.
- ❖ Of the survivors of abortion, half the children born out of wedlock end up in poverty.

Children from broken homes account for:

- 63% of teen suicides.
- 71% of teen pregnancies.
- 90% of homeless and runaways.
- 71% of high school dropouts.
- 75% of all drug users.
- 85% of behavioral disorders.
- 70% of those in juvenile detention.
- 57% of all prison inmates.

It is clear that these dismal results are because of people putting themselves before God in all things. The antidote to this Bizzarro World turned upside down are the Seven Capital Virtues.

The Seven Virtues are also known also as the Seven Contrary Virtues or Seven Heavenly Virtues.





The concept of the Seven Capital Virtues has been an aspect of Catholic Faith for several centuries, having gained recognition and popularity in the middle ages. This list of seven virtues is a set of virtues which are to counter the temptation to succumb to the seven capital sins. For this reason, they are sometimes also called the seven contrary virtues; they represent the opposite of the seven sins.

The list of Seven Capital Virtues stems from the subject matter of an epic poem written by an early Christian poet, Aurelius Clemens, at the end of the 4th century. The poem, *Psychomachia* (meaning *Battle of Souls*), is an allegory which describes seven virtues defeating seven vices.

Let us come to know God more through Modern Comment, Holy Scripture and our Catechism.

## The Seven Capital Virtues

1. **Humility** – Humility is the virtue that counters pride. As pride leads to other sin, true humility clears a path for holiness. Pride is a sin based on undue and inappropriate appreciation of one's self worth. Conversely, the virtue of humility is about modest behavior, selflessness and the giving of respect.
2. **Generosity** – Generosity is the virtue that is counter to greed – the sin of immoderate desire for earthly things. The virtue of liberality is focused not merely on the appropriate concern regarding one's earthly things, but furthermore on generosity and a willingness to give, freely and without request for commendation.
3. **Chastity** – Chastity is the counter-virtue to the sin of lust. Chastity embraces moral wholesomeness and purity, and in both thought and action treats God's gift of sexuality with due reverence and respect.



4. **Meekness** – Meekness, or patience, is the virtue that counters the sin of unjust anger, also called wrath or rage. Where the sin of wrath is about quick temper and unnecessary vengeance, the virtue of meekness focuses on patiently seeking appropriate resolution to conflicts, and on the ability to forgive and show mercy.
5. **Temperance** – The virtue of temperance or abstinence counters the sin of gluttony. To be gluttonous is to over-indulge. On the opposite hand, the virtue of temperance is centered on self-control and moderation.
6. **Charity** – Charity or brotherly love or love for one's neighbor, is the virtue which counters the sin of envy. Envy, in contradiction to God's law of love, is manifest in a person's sorrow and distress over the good fortune of another person. Conversely, kindness and brotherly love is manifest in the unprejudiced, compassionate and charitable concern for others.
7. **Diligence** – Diligence, or persistence, is the virtue which acts as a counter to the sin of sloth. Sloth, as a capital sin, refers to laziness in matters of Faith. Diligence in matters of the spiritual combat laziness and this virtue is manifest in appropriately zealous attitudes toward living and sharing the Faith.



### **Mark 9:17-18, 20-29**

Someone from the crowd answered him, "Teacher, I have brought to you my son possessed by a mute spirit. Wherever it seizes him, it throws him down; he foams at the mouth, grinds his teeth, and becomes rigid. I asked your disciples to drive it out, but they were unable to do so."

They brought the boy to him. And when he saw him, the spirit immediately threw the boy into convulsions. As he fell to the ground, he began to roll around and foam at the mouth.

Then he questioned his father, "How long has this been happening to him?" He replied, "Since childhood. It has often thrown him into fire and into water to kill him. But if you can do anything, have compassion on us and help us."

Jesus said to him, "If you can!" Everything is possible to one who has faith."

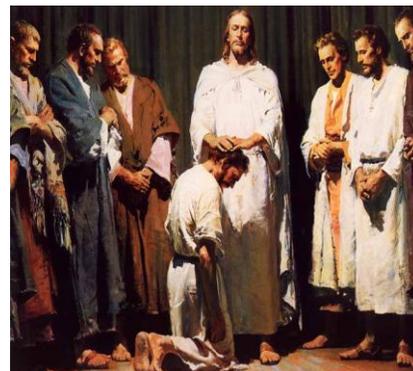
Then the boy's father cried out, "I do believe, help my unbelief!"

Jesus, on seeing a crowd rapidly gathering, rebuked the unclean spirit and said to it, "Mute and deaf spirit, I command you: come out of him and never enter him again!"

Shouting and throwing the boy into convulsions, it came out. He became like a corpse, which caused many to say, "He is dead!"

But Jesus took him by the hand, raised him, and he stood up.

When he entered the house, his disciples asked him in private, "Why could we not drive it out?" He said to them, "This kind can only come out through prayer."



The Word of the Lord

### **Catechism**

#### **2554 Humility**

The baptized person combats envy through goodwill, humility, and abandonment to the providence of God.

#### **1937 Generosity**

The differences among people belong to God's plan, who wills that each receive what he needs from others, and that those endowed with particular "talents" share the benefits with those who need them. These differences encourage and often oblige persons to practice generosity, kindness, and sharing of goods;

"I distribute the virtues quite diversely; I do not give all of them to each person, but some to one, some to others....I have willed that one should need another and that all should be my ministers in distributing the graces and gifts they have received from me." *Writings from St. Catherine of Siena*

### **2339 Chastity**

Chastity includes an apprenticeship in self-mastery which is training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy.

"Man's dignity therefore requires him to act out of conscious and free choice...and not by blind impulses in himself. Man gains such dignity when, ridding himself of all slavery to the passions, he presses forward to his goal by freely choosing what is good and, by his diligence and skill, effectively secures for himself the means suited to this end (Heaven)."

### **2219 Meekness**

Brotherly respect promotes harmony in all of (Christian) family life; it also concerns relationships between brothers and sisters. Respect toward parents fills the home with light and warmth. "Grandchildren are the crown of the aged."

"With all humility and meekness, with patience, [support] one another in charity."

### **1809 Temperance**

Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honorable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion: "Do not follow your inclination and strength, walking according to the desires of your heart."

Temperance is often praised in the Old Testament: "Do not follow your base desires, but restrain your appetites." In the New Testament it is called "moderation" or "sobriety." We ought "to live sober, upright, and godly lives in this world."

### **1844 Charity**

By charity, we love God above all things and our neighbor as ourselves for love of God. Charity, the form of all the virtues, "binds everything together in perfect harmony".

### **1808 Diligence**

Fortitude is the moral virtue that ensures firmness in difficulties and constancy in the pursuit of the good. It strengthens the resolve to resist temptations and to overcome obstacles in the moral life. The virtue of fortitude enables one to conquer fear, even fear of death, and to face trials and persecutions.



**H**umility eradicates **P**ride  
**G**enerosity kills **G**reed  
**C**hastity decimates **L**ust.  
**M**eekness eliminates **A**nger  
**T**emperance obliterates **G**luttony  
**C**harity eradicates **E**nv  
**D**iligence wipe outs **S**loth

**Capital Virtue Questions**  
**Focus on Temperance, Charity and Diligence**

#1 What does living a Balanced Life mean to you? How does Diligence play into this?

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#2 Temperance is the virtue that perfects man's ability to act well with one's self. It is the underlying control valve bringing organization and order to our lives? Can you share how it has touched your life?

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#3 Will Diligence help lead you to Heaven? Can you share examples in your life?

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**A Man who never quits is Never Defeated.**



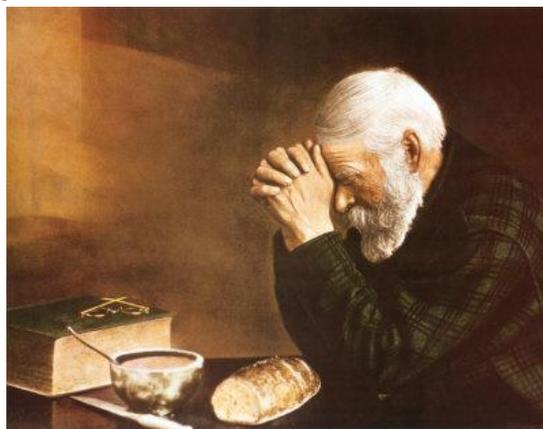
### Men's Group Calendar

<b>2/16/2013</b>	Leadership Meeting	8 AM Sacred Heart Library
<b>2/23/2013</b>	<b>CMFNEO Conference</b>	<b>Villa Angela-St. Joseph H.S</b>
<b>3/9/2013</b>	<b>Men's Group</b>	<b>7 AM Mass</b>
<b>3/23/2013</b>	Leadership Meeting	8 AM Sacred Heart Library

<b>ACTION PLAN:</b> This week I will draw closer to Jesus in my life by:
† Seeking God in prayer and being quiet in His presence.
† Asking for Forgiveness in prayer for the times I have been unfaithful to God.
† Asking Jesus for help to accept His forgiveness, so that I can forgive others.
† Thanking him for my life and all the people and things in it.
† Asking Jesus for help in becoming a better servant.

### A Prayer to Bless One's Life

Lord, I love you and need you, Come into my heart, and Bless me, my family, my home, and my friends, in the Sweet and Holy Name of Jesus Christ. Amen



## **Prayer for Purity**

Jesus, Mary and Joseph,  
I entrust and consecrate myself entirely to you  
- mind, heart and body.  
Guard and defend me always from every sin.  
May my mind be uplifted to heavenly things,  
may my heart love God more and more,  
may I avoid every evil occasion.  
Hold me close to you,  
so that I may keep watch  
of my internal and external senses.  
Preserve me from all impurity,  
and help me to serve you  
with undefiled mind, pure heart and chaste body,  
so that in heaven  
I may join the blessed company of the saints.  
Amen.

**BOLD  
PRAYER**

**Lord, God and Savior, by your love you draw me to yourself, forgive me, and fill me with every good thing, not withholding even the gift of your most beloved son.**

**Send forth your Holy Spirit to guide me in your path. Make me worthy of your love, and teach me how to forgive as you forgave. Amen**