**K/U /10 T/I /10 COM /10 APP /10 NAME:**

***You are to create a modern day example for each of the Seven Deadly sins and each of the Seven Holy Virtues. Your example can come from “real life” experience or it can be totally made up. Make sure that you are justifying your example as to why it is a “Deadly Sin” or “Holy Virtue”.***

**The Seven Deadly Sins**

**Envy** - is the desire for others' traits, status, abilities, or situation.

**Gluttony** - is an inordinate desire to consume more than that which one requires.

**Greed** - is the desire for material wealth or gain, ignoring the realm of the spiritual. It is also called Avarice or Covetousness.

**Lust** - is an inordinate craving for the pleasures of the body.

**Pride** - is excessive belief in one's own abilities, that interferes with the individual's recognition of the grace of God.

**Sloth** - is the avoidance of physical or spiritual work.

**Wrath** - is manifested in the individual who spurns love and opts instead for fury.

**The Seven Holy Virtues**

**Chastity:** (purity, opposes **Lust**)

Embracing of moral wholesomeness and achieving purity of body and thought through education and betterment.

**Temperance:** (self-control, opposes **Gluttony**)

Practicing self-control, abstention, and moderation.

**Charity:** (will , generosity , opposes **Greed**)

Generosity. Willingness to give. A nobility of thought or actions.

**Diligence:** (ethics , opposes **Sloth**)

A zealous and careful nature in one's actions and work. Decisive work ethic. Budgeting one's time; monitoring one's own activities to guard against laziness. Putting forth full concentration in one's work.

**Kindness:** (peace , opposes **Wrath**)

Forbearance and endurance through moderation. Resolving conflicts peacefully, as opposed to resorting to violence . The ability to forgive; to show mercy to sinners.

**Patience:** (satisfaction, opposes **Envy**)

Charity , compassion , friendship , and sympathy without prejudice and for its own sake.

**Humility:** (modesty, opposes **Pride**)

Modest behavior, selflessness, and the giving of respect . Giving credit where credit is due; not unfairly glorifying one's own self.

**Virtue** is from the Latin *virtus*, the equivalent of the Greek *arete* . In general, virtue is excellence. As applied to humans, a virtue is a good character trait.