

11.1 Picture - Well rooted fruitful tree

Just like a tree which is well rooted to the ground, we too should be well rooted to a graceful life. Such a tree cannot be fallen by flood or cyclone. In the same way, well rooted graceful life cannot be destroyed by sin. Just like a tree that grows and bears fruits, if we live a righteous life, the graces that we receive bear fruit. All will benefit from such a life. Even if it is unprofitable, we are not reluctant to do away with sin.

At any time we can be tempted. To avoid temptations, the holy Catholic Church explains to us the sinful occasions. Let us recognize them.

Original Sin

Original sin is the guilt we inherit from our first parents.

(Catholic Family Catechism 217)

Original sin is remitted by the Sacrament of Baptism.

Actual Sin

Actual sin is disobeying God's command by thought, word, action or omission, with full knowledge and consent.

(Catholic Family Catechism 217)

There are two kinds of actual sin, namely mortal sin and venial sin. Mortal sin is an offence against the law of God with full knowledge, consent in a grave matter.

1. Full Knowledge

The sins committed before seven years are not mortal sins, but venial sins.

2. Full Consent

A sin, committed due to force of someone, is not a mortal sin but a venial sin.

3. Grave Matter

For an example, a lie told as a joke is not a grave matter, but lie told in a court of law is a grave matter. Though a lie is said as a joke, it is wrong, i.e. venial sin.

4. Law of God

i.e. it is a sin against the Ten Commandment. Coming to school late is not a breach of the Ten Commandments, but refraining from attending Holy Mass on Sunday is against the Ten Commandment.

Effects of Venial Sins	Effects of Mortal Sins
1. Though sanctifying grace is not lost, spiritual life is weakened	1. Deprives the friendship of God
2. Weaken the ability to overcome mortal sins	2. Death of the spiritual life
3. There will be temporary sadness on earth or in purgatory	3. Deprives the soul of sanctifying grace

One must avoid even venial sins. If one ignores fever, it may cause pneumonia and he may die. In the same way, if we take venial sins for granted, we may end up in a mortal sin, and as a result, our spiritual life may die. Sins are a result of capital sins. Capital sins are the source of many other sins and vices. There are seven of them. If one is to get rid of them they have to develop the seven virtues, opposed to the capital sins.

Capital sins	Virtues, that have to be developed to get rid of capital sins
1. Pride (inordinate self-esteem and ambition)	1. Humility (not boasting of one's capabilities and being humble)
2. Avarice (excessive craving for worldly goods and money)	2. Generosity (being charitable)
3. Lust (uncontrolled sexual desire and sexual pleasure)	3. Chastity (getting rid of lust)
4. Anger (unrestrained passion of displeasure)	4. Meekness (wishing the wellbeing of others)
5. Gluttony (intemperance in eating or drinking)	5. Temperance (getting rid of greed)
6. Envy (sorrow at another's wellbeing)	6. Love (being happy at other's achievements)
7. Sloth (spiritual, mental or physical laziness which causes neglect of duty)	7. Diligence (doing eagerly what has to be done)

The Four Sins that cry to heaven for vengeance

1. Wilful murder (including abortion)
2. Sodomy
3. Oppression of the poor
4. Defrauding labourers of their wages

The Six Sins against the Holy Spirit

1. Presumption of God's mercy
2. Despair of salvation
3. Resisting the known truths of religion
4. Envy at another's spiritual good
5. Obstinacy in sin
6. Final impenitence

(Catholic Family Catechism 227)

Divine Grace

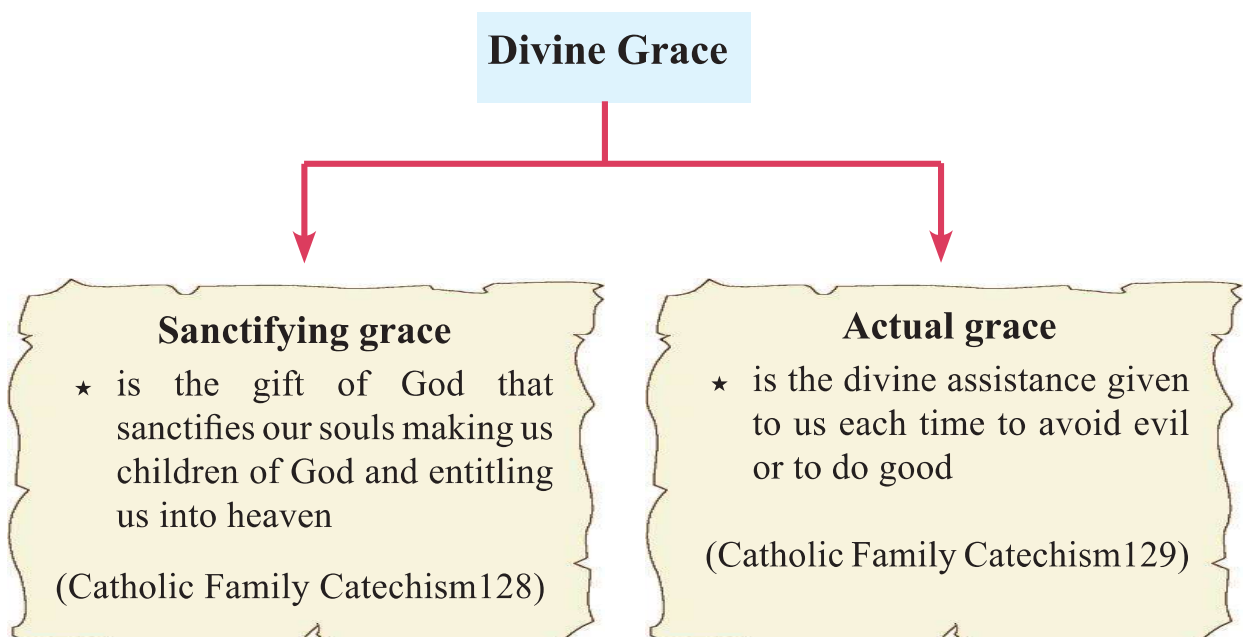
Grace is a gift of God, granted to us through the merits of Lord Jesus Christ for our salvation.

(Catholic Family Catechism 127)

Because of Divine Grace

- ★ It paves the life of the Christian to a new path.
- ★ The Person participates in divine life.
- ★ The person gets graces to get rid of cravings.

There are two kinds of grace:



To receive divine grace, we have to live a holy life. To live a holy life, we must be free from sin. For that the following can be done:

1. Prayer
2. Good Works
3. Receive Sacraments

By living a holy life, we can experience a life full of divine grace. Hence, we must always try to live such a life. To live a righteous life, pray to the Holy Spirit asking His grace. Let us also help others to live righteous lives.

Activity



1. Write separately what can be done to overcome each of the Capital Sins.'



For Life

“I have swept away your transgressions like a cloud, and your sins like mist; return to me, for I have redeemed you.”

(Isaiah 44:22)