

Sunday Q&A

Your Faith in Focus



FROM SIN TO VIRTUE

I'm trying hard to grow out of sin and into virtue. How do I make real progress?

Wanting to get rid of sinful habits and become serious about them is important. Once we have that desire, the question is, *How?* In today's reflection, adapted from an episode of Ask Fr. Josh, Fr. Josh Johnson offers some perspective and counsel.

Letting Go of Vices

A great gift that we can give God is our sins—our vices—in the Sacrament of Reconciliation. What do we bring to the confessional? Scripture, as always, can help.

Every time I read the Word of God, the Lord inspires me. I become motivated to be a saint, but I'm also convicted. I'm challenged by how far I still need to mature—how much more I need to grow in my relationship with God, the Church, and my walk toward eternity. When I read the Bible, I become aware of where I am falling short of the glory of God.

For me, reading the Bible is like that first look in the mirror in the morning. You see that your hair is mussed, you have “sleep” in your eyes, and more. The mirror shows me things that I wouldn't have spotted if I had not looked. Scripture is our spiritual mirror. It reveals our sins to us.



“Remember, the saints struggled with one or more of the seven deadly sins.”

What does the Word of God reveal in, say, Proverbs 6:16? It says there are seven

abominations (vices) in our hearts. If you don't know what to bring to confession, take along those seven deadly sins: envy, greed, gluttony, sloth, lust, wrath, and pride.

Most saints struggled with one or more vices. St. Teresa of Ávila had problems with pride; St. John XXIII, sloth; St. Francis de Sales, wrath; St. Augustine, lust. In your walk toward eternity, we probably will experience one or more troublesome vices. Address them in your heart, in prayer, and in confession. Doing so can help you eradicate sins born of vice.

Ponder and Pray

- What do I tend to struggle with?
- With God's grace, how can I work toward virtue?

Make It Your Own

The seven deadly sins can help us understand our weaknesses so that we can grow. Rank your top three struggles at this point in life, and look at the virtues that counteract sinful tendencies.

Rank	Sin	Counteracting Virtue	How I will pursue that virtue this week
	Envy	Charity	
	Greed	Generosity	
	Gluttony	Moderation/Temperance	
	Sloth	Diligence	
	Lust	Castity	
	Anger	Meekness	
	Pride	Humility	

Tip of the Week

Have trouble remembering what the seven deadly sins are?

Try **EGGSLAP**:

Envy
Greed
Gluttony
Sloth
Lust
Anger
Pride

Dive Deeper

To watch this episode of *Ask Fr. Josh*, scan the code

or visit the URL: <https://media.ascensionpress.com/video/how-to-make-a-resolution-to-combat-vice-and-grow-in-virtue/>

