



# Catholic Central Activity Guide

## 7 Deadly Sins

### Diving Deeper

- ▶ Why do you think these are called “deadly sins?” What makes them so harmful?
- ▶ Let’s recap: The 7 Deadly Sins are Pride, Envy, Anger, Sloth, Avarice (Greed), Gluttony and Lust. Which one do you think is the biggest struggle for our culture?
- ▶ Often people find that they are afflicted by one deadly sin more than the others. Traditionally this is called the “primary sin.” Think about which of the deadly sins is the most challenging for you.

### Go Forth

- ▶ The 7 Deadly Sins are often used to appeal to people in commercials. Next time you watch an ad, try to recognize which of the 7 Deadly Sins are targeted.

#### Activity for Large Groups (10+)

- ▶ One way to live out the virtues in our life is to **serve** in our community. Pick from the list of the Corporal Works of Mercy (listed below), and try to do one this month as a group.
  - ▶ Feed the hungry.
  - ▶ Give drink to the thirsty.
  - ▶ Give shelter to strangers.
  - ▶ Clothe the naked.
  - ▶ Visit the sick.
  - ▶ Minister to prisoners.
  - ▶ Bury the dead.



#### Activity for Small Groups (4-9)

- ▶ Get together with friends to discuss virtues and vices. In 2 minutes, write down 3 things this week that you did well, and 3 things that you could improve on. Do these correspond to the 7 Deadly Sins and their antidotes? Discuss this in your group.

### Get More

- ▶ Want to hear more on the 7 Deadly Sins, and seven virtues to live by? Check out Word on Fire’s Bishop Barron’s [video](#): “Seven Deadly Sins; Seven Lively Virtues”.
- ▶ [Infographic](#) on the Seven Deadly Sins and the Virtues from the CatholicCompany.com.
- ▶ Don’t know how to examine your conscience? Click on this [link](#).

