

Interior Life Session #2

8 Evil Thoughts & 7 Deadly Sins

“The most Generic thoughts, in which every thought is included, are eight in all. First, the thought of gluttony, and after it that of fornication, third that of avarice, fourth that of sadness, fifth that of anger, sixth that of acedia (sloth), seventh that of vanity, eighth that of pride. It is not up to us if any of these disturb the soul or not. But it is up to us whether they linger or not, or whether they stir up emotions or not.

-Evagrius Ponticus, *Praktikos*

Evagrius Ponticus: 8 Evil Thoughts	St John Cassian: 8 Principal Vices	St John Climacus: 7 Sinful Passions	Pope St Gregory: 7 Capital Sins	St Bonaventure: Capital Sin & 7 Daughters	St Thomas Aquinas: 7 Capital Vices	Catechism of the Catholic Church: 7 Capital Sins
Gluttony	Gluttony	Gluttony	Vainglory	Mom: PRIDE	Vainglory	Pride
Fornication	Fornication	Lust	Anger	Vainglory	Wrath	Avarice
Avarice	Avarice	Avarice	Envy	Wrath	Envy	Envy
Sadness	Anger	Acedia	Sadness	Envy	Sloth	Wrath
Anger	Sadness	Anger	Avarice	Sloth	Avarice	Lust
Acedia	Acedia	Vainglory	Gluttony	Avarice	Gluttony	Gluttony
Vanity	Vainglory	Pride	Lust	Gluttony	Lust	Sloth/Acedia
				Lust		

LUST: The inordinate craving for or indulgence in sexual pleasure. *Lust* is to use the other person as an object to get what I want.

Gluttony: Eating and drinking solely for the sake of pleasure, comfort, and escape.

- Eating too much
- Eating too little because we are too picky / self-absorbed
- Eating for the wrong reason: bored, stressed, pleasure seeking

Greed: is a *disordered love of getting and possessing*. Although this might involve mere money, it can also take the form of an excessive desire for position, knowledge, and other goods. It is the desire for satisfaction and fulfillment in the possession of things, which tries to find security in worldly realities, rather than in God.

Sloth: is sadness at some spiritual good, being bothered by the greatness to which God has called us because it involves so much work or a change of lifestyle. The slothful man would prefer to be less great in order to avoid the obligation of greatness.

Wrath: The desire of vengeance. How we judge it depends upon the quality of the vengeance and the quantity of the passion. When these are in conformity with the prescriptions of balanced reason, anger is not a sin. It is rather a praiseworthy thing and justifiable with a proper zeal. It becomes sinful when it is sought to wreak vengeance upon one who has not deserved it, or to a greater extent than it has been deserved, or in conflict with the dispositions of law, or from an improper motive.

Envy: is *resentment or sadness at another's good, or pleasure at another's misfortune*

1. *Sadness at someone else's good.* If the success or blessings of your friend, family member, neighbor, or even competitor displeases you, it is clear you suffer to some degree from envy;
2. *Pleasure at someone else's misfortune.* We tear others down to raise ourselves up with gossip, an eagerness to spread the word of another's downfall; this is why we love dirty laundry.

Pride: is the desire to be above the rest purely for the power or pleasure of being above the rest. It sets a man in competition with God and with others. To see oneself as more than what we truly are, then God and others become less than what they truly are. The result is a self-centeredness, which replaces God as the center of life with oneself.

St John Climacus' 6 stages

1. Provocation- Word(s) or Image which enters the mind (Not Sinful)
2. Coupling- Conversation we begin to have with our self. (May be Sinful)
3. Assent- "the delighted yielding of the soul to what it has encountered..."
-St. John Climacus
4. Captivity- A capturing of the heart by what we have encountered
5. Struggle- Internal struggle against the provocation and whether counter it, or give in to the pleasure of the desire.
6. Passion- result of lost struggle.
*In the Western tradition, we would say it further weakens our soul by creating a deeper tendency toward it, furthering disordering our passion. In the East, passions are associated with the "disordered passions", while in the West they are neutral and are there to drive us toward the good (desire), or away from the bad (aversion).

7 Capital Vices and their Daughters According to Aquinas: A Picture of Viciousness

Sloth	Envy	Avarice	Vainglory/Pride	Gluttony	Lust	Wrath
Malice	Hatred	Treachery	Disobedience	Unseemly joy	Blindness of Mind	Quarreling
Spite	Tale-Bearing	Fraud	Boastfulness	Gossip	Thoughtlessness	Swelling of mind

Faintheartedness	Detraction	Falsehood	Hypocrisy	Uncleanness	Inconstancy	Insulting of others
Despair	Joy at other's misfortune	Perjury	Contention	Loquaciousness	Rashness	Clamor
Sluggishness towards the Commandments	Grief at other's prosperity	Restlessness	Obstinacy	Dullness of mind	Inordinate Self-Love	Indignation
Wandering of the mind after unlawful things		Violence	Discord		Hatred of God/Despair of Heaven	Blasphemy
		Unmerciful	Eccentricity		Love of World	

A Word on Ascetism & Nepsis:

Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking some one to devour. Resist him, firm in your faith, knowing that the same experience of suffering is required of your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, establish, and strengthen you. – 1 Peter 5:8-10

Nepsis – Watchfulness.

Asceticism – Literally means “Training, Exercise”. Denying ourselves in order to pursue the greatest good, which is God.