

**Evagrius of Pontus**

**4<sup>th</sup> Century**

**Maximos the Confessor**

**7<sup>th</sup> Century**

**John of Damascus**

**8<sup>th</sup> Century**

***Christ – Our Pascha***

**Catechism**

**of the Ukrainian**

**Catholic Church**

**2016**

**Pope Gregory I**

**6<sup>th</sup>/7<sup>th</sup> century**

**Catechism of the**

**Catholic Church**

**1994**

**THOUGHTS**

**PASSIONS**

**POWERS OF THE SOUL**

**ENERGIES**

**EVIL SPIRITS**

**CAPITAL SINS**

**PASSIONS LEADING TO SIN**

**VICES**

**CAPITAL SINS**

**CARDINAL SINS**

**DEADLY SINS**

EARLY CHURCH	CHRIST – OUR PASCHA	WESTERN CHURCH
Gluttony	Gluttony	Gluttony
Impurity (Lust)	Lust	Lust
Avarice	Avarice	Avarice
Sadness	Melancholy	Envy
Anger	Anger	Wrath (Anger)
Acedia	Acedia (Despondency)	Sloth (Melancholy + Acedia)
Vainglory	Vainglory	
Pride	Pride	Pride (Vainglory)

LOGISMOS	WHAT LIES BENEATH	VIRTUE	REMEDY
GLUTTONY	<ul style="list-style-type: none"> <li>-Immediate gratification</li> <li>-Satisfying an emptiness</li> <li>-Avoiding pain, struggle</li> </ul>	<i>Temperance</i> <ul style="list-style-type: none"> <li>-Sobriety</li> <li>-Sanctification of creation</li> </ul>	<ul style="list-style-type: none"> <li>-Fasting</li> <li>-Eating mindfully</li> <li>-Meal blessing</li> <li>-Awareness of food sources</li> <li>-Care for creation</li> </ul>
LUST	<ul style="list-style-type: none"> <li>-Self-centredness</li> <li>-Unrestrained desire</li> <li>-Retreating from vulnerability</li> <li>-Mastery over</li> </ul>	<i>Wholeness of being</i> <ul style="list-style-type: none"> <li>-Ціломудреність</li> <li>-Chastity/Integrity</li> <li>-Intimacy</li> <li>-Gentleness</li> </ul>	<ul style="list-style-type: none"> <li>-Manual labour</li> <li>-Physical exercise</li> <li>-Deferral</li> <li>-Describing the impulse to God</li> <li>-Spiritual Direction*</li> <li>-Examination of Conscience*</li> </ul>



LOGISMOS	WHAT LIES BENEATH	VIRTUE	REMEDY
<b>AVARICE</b> <b>(Hoarding)</b>	-Security -Knowledge -Independence	<i>Generosity</i> -Non-attachment -Peace	-Charitable giving -Reaching out to the poor -De-cluttering -Self-imposed poverty
<b>MELANCHOLY</b> <b>(Sadness)</b>	-Beauty -Intimacy -Uniqueness	<i>Joy in the Holy Spirit</i> -Appreciation of the goodness of life as it is (golden moments) -Faith	-Visiting others -Forgiveness -Wonder at natural beauty, art, culture -Wholesome humour -Play

LOGISMOS	WHAT LIES BENEATH	VIRTUE	REMEDY
ANGER	<ul style="list-style-type: none"> <li>-Goodness</li> <li>-Excellence (Perfection)</li> <li>-Reform</li> </ul>	<i>Long-suffering</i> <ul style="list-style-type: none"> <li>-Patience</li> <li>-Serenity</li> <li>-Living with imperfection</li> </ul>	<ul style="list-style-type: none"> <li>-Stillness</li> <li>-Serenity Prayer</li> <li>-Jesus Prayer</li> <li>-Peace-making</li> <li>-Advocacy for what is right</li> </ul>
ACEDIA (Despondency)	<ul style="list-style-type: none"> <li>-Wholeness</li> <li>-Sense of Purpose</li> <li>-Consolation</li> <li>-Peace</li> </ul>	<i>Cheerfulness of Spirit</i> <ul style="list-style-type: none"> <li>-Hope</li> <li>-Resolve</li> <li>-Decisive Action</li> </ul>	<ul style="list-style-type: none"> <li>-Seek silence</li> <li>-Avoid distractions</li> <li>-Avoid too much “time for myself”</li> <li>-Practice a skill</li> </ul>

LOGISMOS	WHAT LIES BENEATH	VIRTUE	REMEDY
VAINGLORY (Vanity)	-Appearing successful -Feeling valued	<i>Humble-mindedness</i> -Authenticity	-Praise God genuinely -Avoid seeking praise -Avoid seeking to serve others out of overconfidence
PRIDE	-Self-justification -Self-deification ( <i>CP</i> )	<i>Humility</i> -Openness to God's grace -Loving service -Not judging others	-Accept the mercy of God -Affirm others -Perform menial tasks for others -Seek to obey -Begin again