



<b>Capital Sins</b>	<b>Root Fear</b>	<b>Gift of the Holy Spirit</b>	<b>Virtue</b>	<b>Piece of the Armor</b>	<b>Seven Last Words from the Cross</b>
<b>Anger</b>	<b>Fear of forgiving</b>	<b>Piety</b>	<b>Meekness</b>	<b>Footgear of peace</b>	<b>“Father, forgive them, they know not what they do.” (Lk 23:34)</b>
<b>Envy</b>	<b>Fear of giving up control</b>	<b>Wisdom</b>	<b>Charity</b>	<b>Sword of the Spirit</b>	<b>“Amen, I say to you, today you will be with Me in Paradise.” (Lk 23:43)</b>
<b>Lust</b>	<b>Fear of being a child</b>	<b>Fear of the Lord</b>	<b>Chastity</b>	<b>Breastplate of righteousness</b>	<b>“Behold, your Mother.” (Jn 19:27)</b>
<b>Pride</b>	<b>Fear of submitting my will to another</b>	<b>Counsel</b>	<b>Humility</b>	<b>Belt of truth</b>	<b>“My God, my God, why have You forsaken Me?” (Mt 27:46)</b>
<b>Gluttony</b>	<b>Fear of the Cross</b>	<b>Fortitude</b>	<b>Temperance</b>	<b>Draw your strength from the Lord</b>	<b>“I thirst.” (Jn 19:28)</b>
<b>Sloth</b>	<b>Fear of Commitment</b>	<b>Knowledge</b>	<b>Love</b>	<b>Helmet of Salvation</b>	<b>“It is finished.” (Jn 19:30)</b>
<b>Avarice</b>	<b>Fear of total dependence on God</b>	<b>Understanding</b>	<b>Faith</b>	<b>Shield of faith</b>	<b>“Father, into your hands I commend My Spirit” (Lk 23:46)</b>