



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