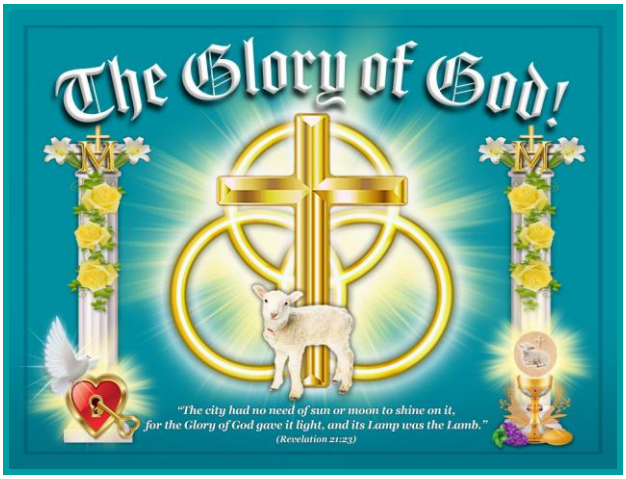

Capital Sins	*Root Fear*	*Gift of the Holy Spirit*	*Virtue*	*Piece of the Armor*	*Seven Last Words from the Cross*
Anger	Fear of forgving	Piety	Meekness	Footgear of peace	"Father, forgive them, they know not what they do." (Lk 23:34)
Envy	Fear of giving up control	Wisdom	Charity	Sword of the Spirit	"Amen, 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)