

## A Review of the Catholic Theology of Sin

1 Kings 8:46 **“For there is no one who does not sin.”**

Ecclesiastes 7:20 **“No one on earth is sufficiently upright to do good without ever sinning.”**

Jesus said, **“Every sin will be forgiven.”** Mark 3:28

Rom 3:26 **“All have sinned and are deprived of the glory of God.”**

St Paul said, **“I do not understand my own behavior; I do not act as I mean to, but I do things that I hate.”** Romans 7:15-20

St Paul said, **“You began your race well; who came to obstruct you and stop you obeying the truth?”** Galatians 5:7

1 John 1:8 **“If we say, ‘We have no sin’, we are deceiving ourselves.”**

### **This is why sin is mentioned so often in the Mass!**

"I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault in my thoughts, and in my words, in what I have done and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God.

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life."

"This is the cup of my blood which will be shed for you and for all so that sins may be forgiven"

"Father grant us to enter into our heavenly inheritance....freed from the corruption of sin and death."

"Lead us not into temptation, but deliver us from evil." "Deliver us Lord from every evil."

"Look not on our sins, but on the faith of your Church."

"Lamb of God who takes away the sins of the world, have mercy on us."

Jesus said, **“You must love one another just as I have loved you.”** John 13:34

**Sin is the refusal to love** self.  
others.  
God.  
nature.

**Sins can be** thoughts.  
actions.  
words.

## **Sins can be sins**

of commission doing something unloving- active sins.  
or omission-neglecting to do something loving- passive sins.

## **Sins can be of**

an individual.

family.

group- companies, bridge groups, organizations etc.

nation- sins of our country different from those of poorer nations, etc.

**Sins** can occur one time.

habitually.

rarely.

## **Ripple effects of Sin: sins cause**

1. separation from others.
2. feel dirty, uncomfortable with self.
3. alienation from God.
4. neglect and abuse of nature.

## **Seven Capital Sins:**

anger, covetousness, envy, gluttony, lust, pride and sloth.

**Mortal sins** require three conditions to be present at the same time:

1. serious offense.
2. conscious of what you are doing at the time.
3. consenting to commit a mortal sin at the time.

## **Ways to overcome sin:**

Act of Contrition

Sacrament of Reconciliation

Mass and Eucharist

A Life Confession.

## **Examination of Conscience:**

What are sins I commit against family members?

What are sins I commit against friends and neighbors?

What are sins I commit against strangers?

What are sins I commit against myself, my faith, my purity etc?