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MANUAL *for*  
CONQUERING  
DEADLY SIN

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To St. John Paul the Great, who through his own  
life helped us learn how to live truly holy lives

*A capital vice is that which has an exceedingly desirable end so that in his desire for it a man goes on to the commission of many sins, all of which are said to originate in that vice as their chief source.*

**ST. THOMAS AQUINAS**

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## HOW TO USE THIS MANUAL

in. Anyone sincerely striving to be a more faithful follower of Jesus Christ sooner or later—usually sooner if they are honest with themselves—encounters a problem: that of his or her own sinfulness. Try though the modern world might to convince us that there is no such thing as sin, Christians know differently. If such a person happens to be Catholic and is well-instructed, he will examine his conscience regularly and frequent the sacraments of confession, to be forgiven by Christ through his priest, and Holy Communion, to be spiritually nourished with the Body and Blood of Our Lord. And yet . . .

And yet we do find ourselves falling into sin again . . . and again . . . and again. Very often, we repeat the sins of which we were forgiven as recently as the day before. Despite our good intentions, resolutions, and firm purposes of amendment, we commit the same sins over and over again. It truly was a wise individual who coined the phrase *the road to hell is paved with good intentions*.

The purpose of this manual is to help the reader learn more about the famous “seven deadly sins”

and how to conquer them. Fr. Dennis Kolinski's enlightening and edifying essay; the words of wisdom from Scripture, the Magisterium, and the saints; and the prayers with which this volume concludes will all be invaluable helps to those seeking to reduce the hold which habitual sin has on them as well as those simply striving to live holier lives.

Like the other books in TAN's Manual series, this volume has been produced in a sturdy, compact edition so that you may keep it with you and refer to it often. It is our sincere prayer that the wisdom found within will do great good for souls so that the good intentions which we all have will, with God's grace, pave a road straight to heaven.



PART ONE

The Seven Deadly Sins  
and Their Remedies:  
An Introductory Essay



## INTRODUCTION

*Perhaps the greatest sin in the world today is that men have begun to lose the sense of sin.<sup>1</sup>*

POPE PIUS XII

### Sin



ver a half century ago, Pope Pius XII began to prophetically see the modern descent of man into a culture that glorifies sin. Given the increasing normalization of sin in our present age, the role of the seven deadly sins—from which many other sins flow—must, therefore, not be overlooked, as they are the poisonous well, the source of much of our current woe. But before examining those seven in greater detail, we should first pause to consider the very concept of sin itself.

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<sup>1</sup> Radio Message of His Holiness Pius XII to Participants in the National Catechetical Congress of the United States in Boston, Pontifical Palace in Castel Gandolfo, Saturday, 26 October 1946, ([http://w2.vatican.va/content/pius-xii/en/speeches/1946/documents/hf\\_p-xii\\_spe\\_19461026\\_congresso-catechistico-naz.html](http://w2.vatican.va/content/pius-xii/en/speeches/1946/documents/hf_p-xii_spe_19461026_congresso-catechistico-naz.html)—accessed 28 March 2017).