



**RELATED CATECHISM OF THE CATHOLIC CHURCH REFERENCES:**

- Mercy and Sin:**  
1846-1848
- Mortal Sin:**  
1855-1859
- Venial Sin:**  
1862-1863
- Capital Sins:**  
1866

**RELATED YOUCAT REFERENCES:**

- What is Sin?**  
67
- Why Confess our Sin?**  
226, 239
- Who Does the Forgiving?**  
228, 236, 238
- Going to Confession**  
229-235

# JUDGMENTAL MOOSE

## SERIES SYNOPSIS

In this series of seven short films, Richard encounters a moose that has something to say about the choices he’s making.

## SUGGESTED USES FOR THIS SERIES

† These films are intended as an introduction to the seven capital sins. Use them to give teens a concrete example of each sin before fleshing out what they are, what they do, and how to combat them.

## INTRODUCTION QUESTIONS FOR DISCUSSION

1. What are the seven capital sins?
2. Why do they have that title?  
*(“They are called capital because they engender other sins, other vices.” CCC1866)*
3. Why is it important to understand these sins?

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## RELATED SCRIPTURE PASSAGES:

**Sloth:**

Proverbs 13:4;  
Proverbs 15:19;  
Proverbs 21:25-26;  
Romans 12:11;  
Philippians 4:13;  
1 Thessalonians 5:1-28

# EPISODE 1: SLOTH

## EPISODE SYNOPSIS

See Richard. Richard sits...and sits...and sits while the clock ticks...and ticks...and ticks.

## QUESTIONS FOR DISCUSSION

1. What do you think of when you hear the word sloth?
2. How is sloth different than being lazy?
3. How is sloth different than taking a break or relaxing?
4. Sloth is more than laziness. It encompasses boredom, laziness and acedia.
  - a. Boredom – emptiness of soul or lack of passion
  - b. Laziness – the idleness of one who is not inclined to exert himself
  - c. Acedia – sadness that comes from our unwillingness to tackle the difficulties involved in attaining something good
5. Can you be over-booked and running like crazy and still be guilty of sloth? What might be an example of that? (Here's a good article about sloth in our culture: <http://www.catholic.com/magazine/articles/the-sin-of-sloth>)
6. Why would sloth be considered a capital sin? What other sins might come from sloth?
7. How can you identify sloth in your life?
8. How can you combat it?

## RELATED SCRIPTURE PASSAGES:

**Pride:**

Proverbs 11:22;  
Proverbs 16:5;  
Proverbs 29:23;  
Romans 12:16;  
Galatians 6:3;  
Philippians 2:3;  
1 Corinthians 13:4;  
1 John 2:16;  
James 4:6

# EPISODE 2: PRIDE

## EPISODE SYNOPSIS

A pretty girl plus some ugly pants equals a confrontation with pride.

## QUESTIONS FOR DISCUSSION

1. Catholic Encyclopedia definition of pride: <http://www.catholic.com/encyclopedia/pride>
2. Why is pride wrong? Isn't it good to celebrate your accomplishments?
3. Is there "good" pride and "bad" pride?
4. Fr. Vincent Serpa says that the question isn't "when is pride OK?", but rather, "Am I grateful?", "Do my thoughts start with God or with myself?". "Do I recognize that in ALL things, God deserves gratitude?"
5. Think of something you're proud of. Can you see God as the source of whatever that is?
  - a. A good grade on a test? Who gave you the mental capacity to study and retain the material? You simply chose to avoid the sin of sloth and do the work necessary to attain the good.
  - b. A successful athletic performance? Who gave you the physical ability necessary to do what you did? Who provided the coaching/training you received? Who gave you/your parents the money needed to excel in the sport?
  - c. Is anything we can be proud of a result of our own work/ability and no one or nothing else? Is there any situation in which you can say, "God didn't first make it possible for me to do this"?
6. Why would pride be considered a capital sin? What other sins might come from pride?
7. How can you identify pride in your life?
8. How can you combat it?

**RELATED SCRIPTURE PASSAGES:****Gluttony:**

Proverbs 23:21;  
Matthew 11:19;  
Galatians 5:16-26;  
Philippians 3:18-19;  
1 Corinthians 10:31;  
2 Corinthians 12:9

# EPISODE 3: **GLUTTONY**

## EPISODE SYNOPSIS

Can Richard eat it all? Should he eat it all? Isn't there something better he can do with his time?

## QUESTIONS FOR DISCUSSION

1. What do you picture when you hear the words "gulp down"?
2. What kind of attitude does the person doing the gulping have?
3. How did Richard display gluttony?
4. Is there a way to be gluttonous that doesn't involve food?
5. Can you think of something in your life that tempts you to gluttony?
6. Why would gluttony be considered a capital sin? What other sins might come from gluttony?
7. How can you identify gluttony in your life?
8. How can you combat it?

## RELATED SCRIPTURE PASSAGES:

**Greed:**

Proverbs 11:24;  
Psalm 10:3;  
Proverbs 28:25;  
Luke 12:15;  
Matthew 6:21;  
Matthew 6:24;  
Hebrews 13:5;  
1 Corinthians 6:9-11;  
1 Timothy 6:9-10

# EPISODE 4: GREED

## EPISODE SYNOPSIS

What happens when Richard wants more and there's a little kid behind him who just wants to take her turn?

## QUESTIONS FOR DISCUSSION

1. *"Greed is a disordered love of riches."* – Christopher Kaczor  
Is this true? Why or why not?
2. Does the word riches only mean money? Can you be greedy for other things?
3. Who is hurt by greed?
4. Why does God care about greed? Can it hurt him if we're greedy?
5. How is greed different from the other capital sins? Does it reach a point where it's "full"?
6. What drives a person's greed?
7. Can you remember a time when you were greedy? Were you ever satisfied, choosing to stop on your own, or did something happen that made it impossible to keep trying to fill the greed, forcing you to stop?
8. Why would greed be considered a capital sin? What other sins might come from greed?
9. How can you identify greed in your life?
10. How can you combat it?

## RELATED SCRIPTURE PASSAGES:

**Envy:**

Proverbs 14:30;  
Proverbs 24:1;  
Galatians 5:26;  
1 Corinthians 3:3;  
1 Corinthians 13:4;  
1 Peter 2:1;  
James 3:16

# EPISODE 5: ENVY

## EPISODE SYNOPSIS

Pretty girl has a pretty car and Richard drives a beater. What happens next isn't pretty.

## QUESTIONS FOR DISCUSSION

1. Where does envy come from?
2. How does envy damage love?
3. How is envy in violation of the commandment to "love others as yourself"?
4. How is envy in contradiction to this verse:  
*"If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy."* – 1 Corinthians 12:26
5. Can you think of a time that you were envious of someone? How did that affect your actions when you were around that person? How did that affect your relationship?
6. Are there times when it is ok not to be happy about someone else's achievement or situation?
7. Why would envy be considered a capital sin? What other sins might come from envy?
8. How can you identify envy in your life?
9. How can you combat it?

**RELATED SCRIPTURE PASSAGES:****Wrath:**

Psalm 37:8;  
Proverbs 15:1;  
Matthew 5:38-39;  
Romans 12:19;  
Ephesians 4:26-27;  
Colossians 3:8;  
James 1:20

# EPISODE 6: WRATH

## EPISODE SYNOPSIS

It's ok to take out your anger on the beloved school mascot, right? It's just a little knock with a golf cart. What harm could it do?

## QUESTIONS FOR DISCUSSION

1. How is wrath different than anger?
2. Is anger bad? Why or why not?
3. What makes anger's affect relative, but wrath's affect always bad?
4. When have you crossed the line between anger and wrath?
5. What was the result? Was it worth it?
6. How does wrath violate the commandment to love?
7. Why would wrath be considered a capital sin? What other sins might come from wrath?
8. How can you identify wrath in your life?
9. How can you combat it?

## RELATED SCRIPTURE PASSAGES:

**Lust:**

Psalm 119: 9-10;  
 Psalm 119:37;  
 Romans 8:6;  
 Galatians 5:16;  
 1 Corinthians 6:18;  
 1 Thessalonians 4:3-5;  
 1 Peter 2:11;  
 James 1:14-15



# EPISODE 7: LUST

## EPISODE SYNOPSIS

The pretty girl is back and Richard has a decision to make.

## QUESTIONS FOR DISCUSSION

1. Is this a difficult sin to admit? Why or why not?
2. Does lust depend on whether you're married or not?
3. Can you commit the sin of lust when you're married?
4. How does lust affect our ability to love?
5. Who does lust hurt?
6. Why would lust be considered a capital sin? What other sins might come from lust?
7. How can you identify lust in your life?
8. How can you combat it?