

## God Is Our Friend

Keep these ideas in mind as you study **Unit 3, Session 13**.

Because of Original Sin, we live in a world filled with temptation.

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Mortal sin is a decision to turn away from God by doing something that we know is wrong.

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Venial sin is a less serious break with God and with others. Committing venial sins over and over weakens our fortitude and can lead to more serious sins.

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Capital sins can lead us to commit more serious sins. The Capital sins are pride, sloth, envy, lust, anger, gluttony, and covetousness.

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Pride means believing that we are better than others. Sloth is not caring about our spiritual development. Envy is the desire to have someone else's good fortune for ourselves.

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If our desire to repent comes from a deep love of God, we have what is called perfect contrition. If we are sorry for other reasons, such as fear of being punished, we have imperfect contrition.

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We celebrate God's forgiveness in the Sacrament of Reconciliation, in which we receive the grace to forgive others and to ask others to forgive us.

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Confessing our sins reminds us how much we need God's mercy.

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