The background of the entire image is a light gray gradient. It is decorated with numerous water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the frame, with a higher concentration in the top-left and bottom-right corners. The droplets have a realistic, three-dimensional appearance with highlights and shadows.

FROM PHYSICAL VICE TO SPIRITUAL VIRTUE

CHRISTOPHER DIXON

Human Person = Body + Soul

Focus should be on the soul not the body

Contemplation with God > Talking to God

We don't have bodies, we have bodies enlivened by souls

6 physical vices and 7 spiritual habits

INTRODUCTION: BODY AND SOUL

FIRST VICIOUS HABIT: WORK

Our bodies
built to work

We work to
perfectionism

Work to the
extent of
greed is bad

Thank those
who have
worked for us

A Solution
Holy Leisure

SECOND VICIOUS HABIT: POWER

We want more
and more

Can result in
wrath when you
expect others to
follow blindly

You are
dependent upon
those on whom
you depend

Can result in
pride when you
subject other to it

A Solution
Service to Others

THIRD VICIOUS HABIT: SEX

Easier to hook
up than make
friendships

If I love you,
then I have sex
with you is FALSE

If I lust, then I
have sex with
you

There is no if-
then statement
for love or sex

A Solution
Fostering
Friendships

FOURTH VICIOUS HABIT: ALCOHOL

Can be used as a
community-
building tool

When consumed
to excess is
gluttony

Drinking
underage is not
necessary to
grow with God

Drinking too
much hurts our
bodies

A Solution
Fasting

FIFTH VICIOUS HABIT: INTERNET

Newest to the
human condition

Causes the other
vices to seem
normal

The anonymity of
the screen

Distorts our
perspective,
resulting in envy
and FOMO

A Solution
Scripture

SIXTH VICIOUS HABIT: CONSTANT NOISE

We always are
listening to
something

Essentially, an
excuse to be
slothful

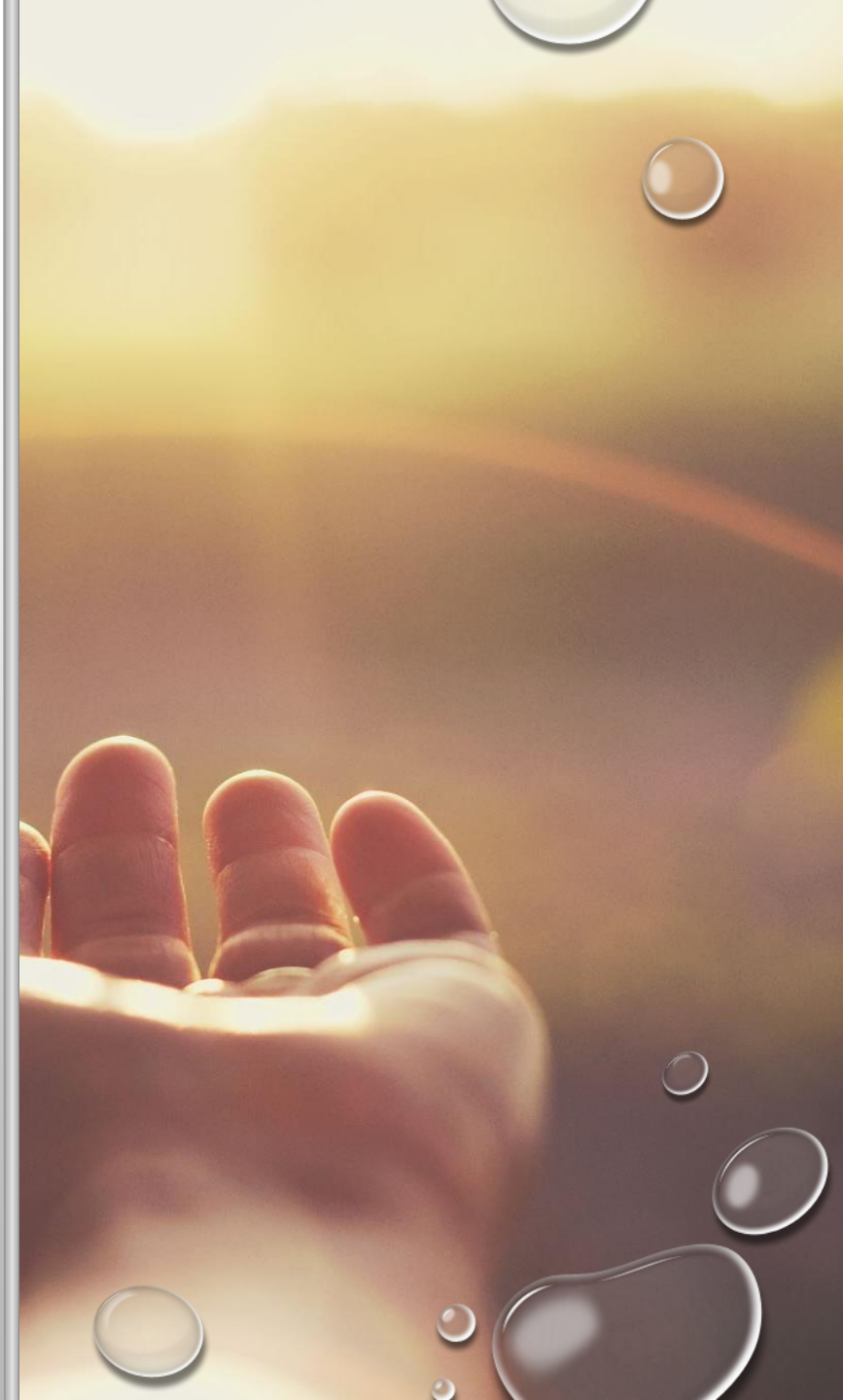
Reduces the
interactions we
have with others

Makes it
difficult to hear
God

A Solution
Silent
Meditation

FROM VICE TO VIRTUE

- Realize our biology: habits take TIME to overcome
- Instrument (means) of all habits: our body
- Object of all habits: our soul
- In vices, the body is the agent (performs the habit)
- In virtues, the soul is the agent (performs the habit)
- We need our body to build good habits too
- Dopamine leads to a cycle of wanting more and more (even of a bad thing)
- Moral culpability is diminished for sinful habits (CCC 1735)



FIRST VIRTUOUS HABIT: SACRAMENTS

Be patient with
our sins

Sinning is
common, remedy
is the Eucharist

Don't beat
yourself up

Habits do not go
away overnight

Especially
Powerful Against
any vice

SECOND VIRTUOUS HABIT: HOLY LEISURE

“leisure” leads to
grave sin

True leisure =
pray, study,
fellowship, sports

Party with God >
grades

Sunday > the
weekend

Especially
Powerful Against
work

THIRD VIRTUOUS HABIT: SERVICE TO OTHERS

You are a
servant

When giving, do
not expect
anything in return

Expectations
lead to pride, not
humility

Practical ideas:
ask people when
they need help,
pray

Especially
Powerful Against
power

FOURTH VIRTUOUS HABIT: FOSTERING FRIENDSHIPS

Habits reduce
your culpability

Accountability
partners and
programs help
with chastity

Set boundaries

Same age, same
sex: food and
prayer

Especially
Powerful Against
sex

FIFTH VIRTUOUS HABIT: FASTING

Normative
consumption
should be
moderate

Temperance is
between fasting
and indulging

Fast for
sufferings of
Christ and for
others

Penance required
every Friday

Especially
Powerful Against
alcohol

SIXTH VIRTUOUS HABIT: SCRIPTURE

Move from
screen to sheet

Bible is marked
“Personal and
Confidential”

Lectio divina
brings a new
spiritual
springtime

Alternative:
podcast, spiritual
book

Especially
Powerful Against
internet

SEVENTH VIRTUOUS HABIT: SILENT MEDITATION

Short repetitive
prayers count as
meditation

Contemplation is
the most fruitful
form of prayer

Suffer the
presence of
God

Start small and
slowly increase
time

Especially
Powerful Against
noise

There is no external metric of the spiritual life

Show up

- Sacraments (*ex opere operato*)
- Meditation

Laugh

- Holy Leisure
- Fostering Friendships

Pray

- Fasting
- Scripture

Love

- Service to Others

CONCLUSION