

What is the text about?

The text is about the seven deadly sins; *wrath, greed, sloth, pride, lust, envy* and *gluttony*. It has something to do with Christian religion, ethics and the impact when people sin. A sin is something people do that isn't allowed within religion, example to kill. The seven deadly sins are the beginning of all other sins and have for a long time been used to educate and instruct people. There are two groups of sins, **venial sins** and **mortal sins**. I do not know what they mean but they are divided into two groups. In the 14th century, the popularity around the seven deadly sins grew, it became a theme for European artists.

How do I know that?

The first time I read the text I didn't get anything so I read it several times to understand. I first read the headline and then understood that the text was about seven deadly things people weren't allowed to do. I looked for underlined/bolded/italic words, that shows that the words are important for the text. If a word was repeated that also meant it was important, so I looked for words that came over and over again (for example sins, Christian, church).

How can I find out more?

To understand the parts of the text that I didn't first understand I used Google most of the time.

- first I circled the words or sentences I didn't get.
- for most part I looked for synonyms on synonymer.cc. If I still didn't get it, I translated the word and could see if I understood it after that. Otherwise I went back to synonymer.cc and looked for Swedish synonyms and then translated them into English.
- I also asked my mom for help and sometimes she could explain. A teacher also helped me. I didn't get the word "gluttony" and for me to understand she showed me through her body language and made a little "show" of somebody who was showing gluttony. That helped me understand.
- I used the exclusion method, when I didn't get the word *sloth* I searched for the word on Google pictures, up came an animal that was called sloth, and I quickly understood that it wasn't what I was looking for. When I then translated the word into Swedish I understood that it had something to do with *laziness* and could connect it to why the animal came up, because it's known to be a lazy animal.

What do I understand now?

The Seven deadly sins are a categorisation of sins and is a part of Christian ethics. The seven deadly sins have long been used to educate and instruct Christians because they have a tendency to sin. The seven sins are *wrath, greed, sloth, pride, lust, envy* and *gluttony*. There are two groups of sins; venial sins and mortal sins. Venial sins are not as "serious", while the mortal sins are more "severe". The Catholic Church believes that a mortal sin can destroy a life of showing love to God and towards others, therefore they have created a threat for the people who sin and that is what we call hell.

The seven deadly sins are not separated from other sins, but are instead the beginning of all other sins. Depending on the situation a sin can be either venial or mortal but they are all called capital because they develop other sins.

In the early 14th century, the popularity of the seven deadly sins grew. It became the theme for many European artists, that later helped to involve them in many areas of Catholic culture around the world. One of the involvings was the creation of the shortening "SALIGIA", that is based on the first letters of the seven deadly sins in Latin; superbia, avaritia, luxuria, invidia, gula, ira, acedia.