

Generosity (overcoming Greed/Avarice)

Using our time, talent, and treasure to meet other's material or spiritual needs.

"As often as you did it to the least you did it to me." Matthew 25:40

Am I a good steward with my resources? Do I live beyond my means or spend money frivolously?

Do I reflect on my responsibility before God to be a good steward of my resources, including providing for the needs of others?

Do I cultivate an awareness of the needs of others, especially those who struggle financially or the less fortunate and seek to show God's compassion for them?

Am I generous with my time, talent/gifts, and treasure in support of the Church and the poor? Do I give cheerfully?

Am I resentful at the success of others? Do I practice being content with what I have materially, knowing that spiritual wealth is far more valuable?

Have I cheated, stolen or wasted money frivolously through gambling?

Do I trust in God to help provide for my needs?

Love (overcoming Lust/Inappropriate desires of the flesh)

Willing the good of the other.

"For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God..." 1 Thes. 4:3-5

Do I keep custody of my eyes, thoughts and speech? (Phil. 4:8)

Am I chaste in my actions with self and others, according to my state in life? Do I avoid TV, movies, music, books or internet sites that are unchaste? Do I dress and speak with modesty?

Have I flirted with or encouraged romantic affections from others who have already committed to a particular vocation or are in a committed relationship?

Do I honor my vows in marriage or consecrated life or priestly promises? Do I proactively live in ways that are consistent with this commitment and help me grow in faithfulness to them?

Do I avoid occasions of sin and the appearance of sin (scandal) and live in a way that is above reproach as a witness to others?

Temperance (overcoming Gluttony/Over-indulgence)

Using all things in moderation in accord with right reason and according to my state in life and vocation.

"Do you not know that your body is a temple of the Holy Spirit, whom you have from God? You are not your own; you were bought at a price. Therefore glorify God with your bodies." 1 Cor. 6:19-20

Do I make food/drink/pleasures of this world too important or use them in excess? Do I live and eat in a healthy way so as to honor my body as a temple of the Lord?

Do I incorporate fasting and practice delayed gratification or mortification of my body to live more according to the Spirit rather than according to the flesh?

Do I misuse alcohol or drugs? Do I temper my love or use of any good thing, knowing that created things can never fully satisfy the desire of my soul?

Do I let myself be too distracted with the TV, internet, music, cellphone or entertainment?

EXAMINATION OF CONSCIENCE

OVERCOMING THE 7 DEADLY SINS WITH VIRTUE

A Deeper Reflection to
Prepare for Reconciliation



CENTER FOR CAMPUS MINISTRY

Overcoming the 7 Deadly Sins with Virtue

Humility (overcoming Pride and Vanity)

Embracing the truth of who we are before God and others.

“Thy kingdom come, thy will be done...” Matt. 6:10

Am I seeking to do God’s will in my life, trusting He will lead me in His time and way and help me to accomplish it?

Do I strive to conform my mind and heart to the mind and heart of Christ and His Church?

Do I pray, setting time aside for Christ each day, knowing that He is the Vine and we are the branches, “apart from Him I can do nothing?”

Have I been self-centered or selfish? Do I seek my will and my way? Do I have an inflated value of my opinion? Have I been boastful, arrogant or held others in contempt?

Have I been oversensitive having an excessive concern for my feelings and how others have hurt me?

Do I seek to hear God’s voice through, the Scriptures, His living Word? Do I seek His face in the least among us and those in need?

Do I honor God’s name and avoid cursing or making inappropriate jokes about God or sacred things/people?

Do I honor my parents and those in authority giving them the respect due to them?

(overcoming Vanity)

Do I seek to do things for God’s glory and purify my motives so as not to do them for vanity or to call unnecessary attention to myself?

Do I seek to use my gifts for God, my vocation and in service to others?

Do I live out my responsibilities with trust that, even in disappointments and failures, God’s Providence works through it?

Gratefulness (overcoming Envy and Jealousy)

Giving thanks for all that we have and are.

“Rejoice with those who rejoice...” Romans 12:15

Am I grateful for the many graces and gifts God has given me? Do I thank Him often for these gifts?

Do I give into complaining and exaggerated self-pity?

Do I speak well of others and rejoice in the gifts and successes of others? Do I recognize that each person is given unique gifts all for the building up of the Body of Christ?

Am I envious or jealous of others’ appearance, possessions, gifts, ideas, or relationships?

Do I acknowledge and develop the gifts God has given me?

Have I lessened another’s good name or reputation through my conversations, whether true or untrue? Do I avoid speaking ill of others and sharing things about another that is not necessary to share?

Justice and Mercy (overcoming Anger/Wrath)

Giving to each their due in light of Christ’s sacrifice and our call to holiness.

“Bear with one another and forgive one another...Forgive as the Lord has forgiven you.” Colossians 3:13

Do I practice patience and mercy with others? Am I quick to forgive the faults and failings of others, knowing that I too have them? Do I give others the benefit of the doubt?

Am I slow to judge another person’s soul, concerned more about my imperfections and need for conversion?

Do I seek to take revenge, hurt another with my words, or hold on to resentment or bitterness?

Do I receive the mercy that God offers me? Do I tell others of His unfathomable mercy?

Do I forgive and show mercy as I have been shown by Christ?

Faithfulness to grace and Fortitude (overcoming Sloth/Spiritual laziness)

Steadfastness in following the will of God.

“Well done, good and faithful servant. You have been faithful in handling little things...” Matt. 25:23

Am I faithful to my duties to God and His call in my state in life (marriage, family, work, school, church) giving them their just due with my time, availability and gifts? Do I do them joyfully?

Do I overcome the temptation to procrastinate and practice self-denial to overcome sloth and spiritual laziness? Do I persevere in my duties even when it is difficult or requires sustained effort to do so?

Am I hard-working and give my best effort in whatever I do? Do I intentionally strive to live in the present moment to be present to God, myself, and others as best as I am able?

Do I live an ordered life that includes: daily prayer, getting reasonable sleep, healthy eating, exercise and make time for spouse/family, and friendships?

Do I cultivate a healthy sense of leisure that helps me grow in relationship with others and cultivate a sense of the good, true and beautiful in my life?

Am I impulsive in making decisions or inconstant with following through with commitments and responsibilities? Am I prudent with my time?