

## A Self-Examination Aid for the Sins of Anger and Sloth

“A Journey Through Hell: The Seven Deadly Sins”

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The Reverend Donald D. Binder, PhD

### The Sin of Anger/Wrath

1. Are there times when I feel annoyed at others, not because they are doing anything morally wrong, but because they interrupt me with their concerns? Are these “others” often the same person or persons? How do I respond to them?
2. Have I noticed a tendency in myself to control others, whether overtly through domination or covertly through manipulation? How has this affected my relationship with others?
3. Do I hold a grudge against anyone because of a past offense against me? Do I find it impossible to forgive this person and instead sometimes ponder how to take my revenge?
4. Do I detect in myself an automatic disdain for certain groups of people? Do I shy away from them or even openly speak against them for no just cause?
5. Do I harbor any resentment against God—perhaps for some bad thing that happened to me in my past? Does my anger sometimes manifest itself in irreverent behavior?

O God, the Father of all, whose Son commanded us to love our enemies: Lead them and us from prejudice to truth: deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you, through Jesus Christ our Lord. *Amen.*

O Lamb of God, that takest away the sins of the world, *Have mercy upon us.*

O Lamb of God, that takest away the sins of the world, *Have mercy upon us.*

O Lamb of God, that takest away the sins of the world, *Grant us thy peace.*

## The Sin of Sloth/Accidie

1. When I look at how I spend my day, what portion of my time is devoted to the worship of God and the service of others?
2. Have I thought about making more of a commitment to the spiritual disciplines of prayer, study and service, but without really following through?
3. How do I respond when I hear about the distress of others? Do I try to do something about it, shrink from doing anything, or mostly ignore the news?
4. Do I have a sense that God loves me deeply and unconditionally? Do I feel joy in my relationship with God?
5. How open am I to God's possibilities for my life—even if that means making significant changes in my lifestyle or present vocation?

Almighty and eternal God, so draw my heart to you, so guide my mind, so fill my imagination, so control my will, that I may be wholly yours, utterly dedicated to you; and then use me, I pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. *Amen.*

Lord Jesus Christ,  
take all my freedom,  
my memory, my understanding,  
and my will.  
All that I have and cherish  
you have given me.

I surrender it all  
to be guided by your will.  
Your grace and your love  
are wealth enough for me.  
Give me these, Lord Jesus,  
and I ask for nothing more. *Amen*