

A Self-Examination Aid for the Sins of Avarice and Gluttony

“A Journey Through Hell: The Seven Deadly Sins”

Pohick Church, Lent 2006

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The Sin of Avarice/Greed

1. Do I find myself excessively devoted to raising my standard of living and increasing my net worth? Is status and public display of wealth important to me?
2. When a friend or neighbor of mine gets some new gadget or status symbol, do I feel a twinge inside that I need to have one of those too?
3. Do I enjoy shopping at the Mall or in Department stores? Do I sometimes find myself leaving with more than I'd planned to purchase? When my credit card bill arrives, do I often wonder how I racked up so many expenses in the past month?
4. When some charity asks me for a donation, do the hackles raise up on the back of my neck? When I do give to some worthy cause, do I do so cheerfully or grudgingly? In either case, do I seek recognition for my gift?
5. Have I ever cheated on my taxes or on some other venture where I stood to profit? If so, what rationalization did I use to justify it?

Almighty and Compassionate God, you have blessed us with memory, reason and skill. Open my eyes to see the needs of others; open my heart to respond to their plight. Help me to use my wealth prudently and generously for their benefit and the common good, that your name may be glorified and your Gospel proclaimed; in Christ's name I pray. *Amen.*

The Sin of Gluttony

1. When I go to a party or social event, do I often leave feeling like I've had too much to eat or drink?
2. How would I compare the time I spend at restaurants with the time I spend at the Communion Table and in the service of the hungry?
3. Have I ever hidden away food, drink or drugs because I was embarrassed that others might notice my consumption of these?
4. Do I have a weight problem? Have I tried to take off unwanted pounds through various diets and exercises, but without much success?
5. Have others told me that they think I drink too much alcohol? If so, could I give it up for an extended period? Would I do it? Would I be willing to seek help if I couldn't?

The tempter came and said to Jesus, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Matthew 4:2-3

O blessed Lord, you ministered to all who came to you: Look with compassion upon me, as because of my addiction, I have lost my health and freedom. Restore to me the assurance of your unfailing mercy; remove from me the fears that beset me; strengthen me in the work of my recovery; and to those who care for me, give patient understanding and persevering love. *Amen.*