

**A Self-Examination Aid for the Sin of Lust  
and for a General Repentance and Amendment of Life**

“A Journey Through Hell: The Seven Deadly Sins”

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**The Sin of Lust**

1. Have I given in to the temptation to view pornography? Do I feel the urge to “click-through” links to pornographic sites on spam I receive in my email? Have I?
  
2. Was there a time in my life when I lived promiscuously—perhaps rationalizing it as “sowing my wild oats”? If so, has this time affected later relationships, including a married relationship?
  
3. If I am (or have been) married, have I been sexually faithful to my spouse? Does this include Jesus’ more stringent definition of adultery (see Matthew 5:27–28)?
  
4. Have I shown restraint in my interactions with members of the opposite sex, never speaking or acting in ways that could be construed as harassment?

Almighty God, you have taught us to possess pure hearts and lead wholesome lives; grant me the grace to embrace the virtue of chastity, that with true fidelity and steadfast love, I might lead a morally upright life, and honor the solemn vows and promises I have made throughout my life; through Jesus Christ our Lord. *Amen.*

## **My Pilgrimage to Paradise**

1. As I have examined my conscience with respect to the Seven Deadly Sins, let me here acknowledge those I have committed throughout the course of my life.
  
2. Let me now also express my sorrow before God for these sins, confessing them to him, and seeking his forgiveness, mercy and grace.
  
3. Having now confessed these sins before God, let me lay my guilt before him, accepting his forgiveness through Christ Jesus, and the grace and consolation of his life-giving Spirit.
  
4. Let me now find in God's grace the desire and strength to turn from my past sins and walk in the newness of life.
  
5. Let me also now recommit myself to the process of sanctification, responding to God's call to prayer, meditation, Christian fellowship, mortification and charitable living. I dedicate myself to these disciplines in the following ways:

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift me, I pray, to your presence, where I may be still and know that you are God; through Jesus Christ our Lord. *Amen.*