

A Self-Examination Aid for the Sins of Pride and Envy

“A Journey Through Hell: The Seven Deadly Sins”

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The Sin of Pride

1. In what ways do I put myself in God’s place? When have there been times when I would rather do it “My way” rather than “God’s way”—even when I know better?
2. Have I devoted an inordinate amount of time fostering my appearance, my competence, or my personal status so that I can be “seen by men”?
3. Have there been times when I have judged myself to be better than others with respect to *spiritual matters* such as attendance at worship, tithing, and acts of piety?
4. Are there areas in my life where I refuse to listen to others and more or less dominate their lives?

From the desire to be esteemed,
Deliver me, Jesus.
From the desire of being loved by all...
From the desire to be honored ...
From the desire to be praised ...
Deliver me, Jesus.
From the desire of being preferred to others...
From the desire of being consulted ...
From the desire of being approved ...
Deliver me, Jesus.
From the fear of being humiliated ...
From the fear of being despised...
From the fear of suffering rebukes ...

Deliver me, Jesus.
From the fear of being forgotten, ridiculed and wronged...
Deliver me, Jesus.
That I out of my riches may give to others in their poverty,
Jesus, grant me the grace to desire it.
That I may know the depth of my own poverty
Jesus, grant me the grace to understand it.
That others may increase and I may decrease...
Jesus may it be.

The Sin of Envy

1. When I look back into my childhood, do I remember times when I was envious of my brothers, sisters or other family members? How about classmates? Do I still carry that envy around today?
2. How do I respond when I hear about the good fortune of others: do I rejoice at their good fortune, or desire it for myself?
3. Do I value the opinions of others—or do I ignore them or even treat them with contempt?
4. Have I ever stolen from someone—whether a possession, an idea, or a relationship—because that person possessed it and I didn't?
5. Have I ever tried to undermine another through malicious means, such as engaging in gossip, spreading rumors, or speaking ill of him or her?

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love,
Where there is injury, pardon
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light,
Where there is sadness, joy.

O Master, grant that I may not so much
seek to be consoled as to console,
not so much to be understood as to
understand,
not so much to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we awake to eternal life.
Amen.