

7 DEADLY SINS QUESTIONS

THE SEVEN DEADLY SINS ARE :

Pride/Narcissism, Lust, Anger, Covetousness/Greed, Envy, Sloth, And Gluttony.

FINDING OUR PREDOMINANT FAULT

A predominant fault is that fault that brings forth one's ordinary temptations or that into which one is prone to fall or into which one has fallen most frequently in the past. A predominant fault tries to be a master; and "no man can serve two masters," if they are in opposition (Matt. 6:24). Yet there are many who have attempted to follow two masters and give service to both. There are those who have the wrong master. They serve him with diligent devotion. They fix their attention on some special object and seek it with a zeal that will not be denied. That object is very often the acquisition of riches. At the start of such conquest, no doubt there was the idea of being faithful to religious things and hence to God, but as the thought of riches became more and more absorbing, God was more and more lost sight of, and wealth became the master, and almost the sole one. Now there need not be anything wrong in acquiring money. In fact, it is reasonable for those in the world to seek the ordinary comforts of life and to use means that will assure peace of mind for future comforts. But it is decidedly wrong to allow wealth to become too fixed a determination. "What shall it profit a man if he gain the whole world, and suffer the loss of his soul?" (Mark 8:36). Wealth is a tyrannical master. Honors can also be. Men of the world have been known to fly wealth for honors. Money has not a mastering appeal for some; honors have. Soldiers have foolishly risked death for vain reasons; politicians have thrown away reputations; generals have sacrificed men; statesmen have been malicious liars and stolen the rights of others. Examples could be multiplied to show that men do set their hearts on honors. For others, the wrong master is liberty, ease, love of pleasure. Liberty is really a tyrant. Some men think what they please; they do what they wish; they are a law unto themselves; they are not subject to higher powers; they sin freely. For others, ease is a master; they are without zeal; they refuse to accept the ordinary responsibilities of everyday life; all things are measured for them by the amount of effort they do not have to put into things. Still others follow pleasure, as a master; there is for them but one thought, and that is — pleasure. How eagerly they seek it; how many sacrifices they make to attain it and walk in its deceiving company; how their hearts are centered in passing enjoyment! There are cases, and all too many cases, where wealth or honors, ease or pleasure, or all of them have been the master. Yet the more common temptation is divided service of two masters who are in opposition. Such service means trying to work for both of them at the same time and giving undue cult to the wrong one. There are reasonable limits to everything, and it is only when those limits are crossed that fault or sin arises, for going beyond the proper bounds signifies that the Master, who should be served, is being neglected.

7 DEADLY SINS QUESTIONS

Use the following questions to help determine your root sin or predominant fault.

PRIDE SELF-REFLECTION QUESTIONS

Pride or Narcissism Pride is the mother of all sin. Vanity, an expression of pride, is excessive concern about what others think of me. Pusillanimity, timidity, and cowardice are opposites of pride.

Pride of authority, or pride of superiority, is one form of excessive self-love. It expresses itself in thought or word or deed in a domineering, over-positive, offensive way. How overbearing it can be, how haughty, what a bully, how bossy, how prone to rule things! How critical it can be: “do unto others” is wholly or partially forgotten; the rights and feelings of others are given little or no consideration, for pride of authority is mean, unkind, disregarding justice and fair play and good sportsmanship. Pride of timidity is self-love manifested by shyness, backwardness, cowardice. Pride of timidity is self-love protecting self through the hiding of weaknesses from fear of ridicule.

Pride of sensitiveness is brought about by self-love being wounded. The sensitive person is quickly hurt. In fact, it may be said, he prepares himself to be wounded. Ordinarily he imagines things, he misjudges, he misinterprets, he exaggerates, he is suspicious and distrustful. His memory is prone to cling to what has happened to him in an adverse way; he remembers who and what have hurt him. He is ready to see a slight and to feel it. He plans revenge. He fights mental battles of what he will say and how he will act. He is unforgiving, carrying ill feeling for short or long periods of time and, in the same mood, refusing to speak or speaking coldly to the one who is the object of his bitterness. The sensitive person usually has a wild imagination. He imagines things; he creates improbable and almost impossible conditions; he pictures what may happen; and always he is being more or less wounded by someone. He feels that others do not make him welcome; he thinks they do not like him, or are trying to make fun of him, or are talking about him when he is absent.

- Do I acknowledge the Lordship of Jesus Christ?
- Do I give credit to what belongs to God?
- Am I grateful for the gifts I have received?
- Do I recognize that I am a gift?
- Do I think of myself as above others?
- Do I readily accept advice?
- Do I tend to be bossy?
- Do I put myself first?
- Am I a perfectionist?
- Have I talked to Jesus about my pride?

7 DEADLY SINS QUESTIONS

- Am I critical or do I belittle others?
- Do I find myself always wanting to control?
- Do I speak ill or lie about others?
- Am I fond of blaming or accusing others?
- Am I comfortable surrendering to others?
- Do I refuse to speak to anyone or avoid others?
- Do I always have to win an argument?
- Do I ever admit being wrong? Do I apologize when I am wrong?
- Is it my habit to provide answers to other people's problems?
- Do I tend to correct people and prove them wrong?
- Do I easily get angry or irritated, or when opposed?
- Do I take quiet time for self-reflection?
- Do I get angry or frustrated at my mistakes?
- Do I have a timid disposition?
- Do I willingly welcome advice and correction?
- Do I take counsel with God before I act?
- Do I seek to do God's will?
- Do I seek praise and recognition? Am I competitive?
- Does a timid behavior keep me from doing what is right?
- Do the words and actions of others prevent me from obeying God?
- Does my pride force others to walk on eggshells?
- Am I vain in my lifestyle?
- Am I too self-conscious?
- Are my weaknesses and faults leading me to fear being ridiculed?
- Do I hide my physical, mental, and spiritual abilities?
- Do I shy away from engaging in public activities?
- Am I faithful to all the Church teaches?
- Do I tend to interrupt others?
- Am I overly sensitive or wounded?
- Do I treat others as I would like to be treated?
- Do I carry unforgiveness or grudges in my heart?
- Do I talk to Jesus about prideful tendencies?
- Do I practice spiritual childhood?
- Am I thankful for the gifts others have?
- Is my piety offensive to others?
- Do I envy what other people have?
- Do I compare myself with others and what they have?

7 DEADLY SINS QUESTIONS

- Do I hide spiritual information from my spiritual director or confessor or superior?
- Do I criticize Bishops or Priests?
- Do I criticize the Vicar of Christ?
- Do I tend to complain always?
- Do I easily notice the faults of others and speak about them?
- Do I judge others or speak ill of them?
- Am I comfortable talking about my relationship with Jesus?
- Am I gentle and charitable in correcting others?
- Do I tend to defend myself or my opinion at all cost?
- Do I easily want to tell others what I know?
- Am I comfortable mentioning the name of Jesus Christ?
- Am I proud in my way of life?
- Do I feel the priest is wasting my time at Mass?
- Do I challenge legitimate authority?
- Am I worried that I am not holy?
- Am I striving to be humble?
- Am I vain in my lifestyle or the way I comport myself?
- Am I easily attracted to vanity?
- Do I look at my wristwatch at Mass (impatience)?
- Do I boast or exaggerate things?
- Do I celebrate the Sacrament of Penance regularly for my sins?
- Do I allow others to take the first place?
- Do I practice obedience even when it is difficult?
- Do I practice mortification or penance for others to notice?
- What is my motive for the things I do?
- Do I seek to please God alone?

If your predominant fault is PRIDE then strive to practice the virtue of HUMILITY

Humility is a true knowledge of self. It is the truth about oneself. It is as we are in the sight of God. It is the recognition that our gifts come from God and the use of them depends on God. God, all; self, nothing. God, the Giver of all, to whom all is due; self, the receiver, who should acknowledge dependence on God.

7 DEADLY SINS QUESTIONS

ENVY SELF-REFLECTION QUESTIONS

Envy is the feeling of sadness that we experience in contemplating the prosperity of others, insofar as we regard this prosperity to be our own loss. There is no question that we do have temptations to envy. We are somewhat inclined to rejoice at the failures of others and to be sad at their success. Others achieve riches, honors, dignities, renown, reputation, praise, applause, success; we see what they have accomplished, and we are tempted to envy. Others have qualities of mind and, through their use, become more or less successful, and we are tempted to envy. Others have qualities of soul and reach certain or higher degrees of holiness, and we are tempted to envy. It should be remembered that what those others have we regard as our own loss. It is hard for us to rejoice wholeheartedly at the success of others; it is easy for us to feel glad at their failures.

- Do I rejoice when others fail?
- Who do I hate or dislike?
- Do I accuse others?
- Where do I tend to rebel in my life and why?
- Does envy cloud my judgment of others, their opinion and dignity?
- Do I envy the rich?
- What do I envy in my life?
- Am I sad about others' abilities, learning, or spirituality?
- Am I sad that others are more humble or more obedient than I am?
- Do I detract, calumniate, or find fault?
- Am I competitive?
- Am I envious when others are praised?
- Do I envy power, honor, or reputation?
- Do I feel that God loves others more than me?
- Am I bothered at other's gift of imagination, memory, intellect, understanding, wisdom, or insight?
- Am I grateful for all that God does in my life?
- Does it bother me that someone is holier or more virtuous than I am?
- Am I sad that others are more gifted than I am?
- Am I caught up in other people's business and affairs?
- Do I accept help when it is offered?
- Am I a possessive or a controlling person?

If your predominant fault is ENVY then strive to practice the virtue of SELF-DENIAL

7 DEADLY SINS QUESTIONS

GREED SELF-EXAMINATION QUESTIONS

Avarice/Greed is the excessive love of possessing things. goods. It refers to the desire for riches as well as to the wish to possess things.

- Have I an inordinate love of eating and drinking?
- Do I eat or drink to excess?
- Do I take what is necessary?
- Do I think much about eating and drinking?
- Am I critical about the quantity or quality of food served?
- Do I compare things with finer things elsewhere?
- Do I want better things than those served?
- Do I eat or drink hastily? Greedily? Eagerly?
- Do I eat or drink things I should not?
- Do I waste things?
- Am I selfish?
- Am I watchful of what another takes?
- Do I desire to hoard things?
- Do I have an excessive love of money?
- What is my source of security?
- Am I materialistic?
- Do I crave things I do not have?
- Am I jealous?
- Am I possessive of knowledge, devotions, books, precious items, things, or friends?
- Am I selfish or self-centered?
- Do I practice mortification, reasonably (with permission)?
- Do I let things go?
- Am I forgiving?
- Do I complain or blame or nag?
- Is Jesus my only treasure?
- What do I value most in life?
- Do I find it difficult to give things up?
- Am I greedy?
- Do I tend to control everything around me?
- Do I get angry and lose my peace when I cannot get my way?
- Do I micromanage?
- Do I show or feel discomfort that someone may be holier than I am?
- What is my attitude toward the Cross of Jesus?

7 DEADLY SINS QUESTIONS

- Is my attitude toward money causing me to lie, defraud, or fear?
- How do I feel about poverty? Am I scared of being poor?
- Do I worry about tomorrow?
- Am I afraid of commitment?
- Am I divided within myself? Do I have peace?
- Do I practice daily dying and surrender?
- Am I miserly?
- Am I poor in spirit?
- Am I generous?
- In what do I boast: money, wealth, position, job, power, or God?
- What gives me the most confidence in life?
- Am I uncomfortable when someone is helping me?

If your predominant fault is GREED then strive to practice the virtue of GENEROSITY

To be poor in spirit, pray. Prayer is the one great help in acquiring any virtue, and hence it must be used to kill the tendency to avarice and to become detached. To preserve poverty, meditate on the poverty of Our Lord; “What shall it profit a man, if he gain the whole world, and suffer the loss of his soul?” (Mark 8:36). Above these, and yet with them, practice poverty. Seek to be perfectly detached. Shun in thought and word and deed anything that would be a giving in to the tendency to avarice. Learn to be poor by being poor. Make the renunciation complete. Let the offering of poverty be a generous gift. Let us use what is necessary, but let us not set our hearts on anything. Wish and pray that the will of God may be entirely fulfilled through the practice of poverty.

7 DEADLY SINS QUESTIONS

GLUTTONY SELF-REFLECTION QUESTIONS

Gluttony is the inordinate or excessive desire for, focus on, attachment to, or use of food or other material goods. It is the “eat, drink, and be merry” idea. It is the opposite of “Whether you eat or drink, or whatsoever else you do, do all to the glory of God” (1 Cor. 10:31). Necessity and right reason should regulate our thoughts, words, and acts in regard to eating or drinking. Temperance in eating and drinking is a virtue.

- Do I indulge in excessive eating and drinking?
- Is my eating and drinking causing me health problems?
- Do I get intoxicated?
- Do I feel discomfort from overeating?
- What is my attitude to eating and drinking?
- Is my body size from eating and drinking embarrassing me?
- Are my discussions centered on good food and drinks?
- Do I waste food and drink?
- Do I criticize or complain about food?
- Do I live to eat, or eat to live?
- Am I easily attracted to food and drink?
- Do I binge on food and drink?
- Do I think a lot about food and drink?
- Do I practice mortification?
- Do I love excessive food?
- Do I hide or hoard food?
- What do I seek in prayer-God or consolation?
- Do I easily give up praying?
- Do I ask Jesus for my daily bread or for my yearly bread?
- Do I ask God for eternal life or for earthly life?
- Do I hunger to be a saint?
- Do I depend on God to satisfy my desires?
- Is the Lord truly and really my Shepherd?
- Do I talk to Jesus about my struggles with food and drink?

**If your predominant fault is GLUTTONY then strive to practice
the virtue of SELF-DENIAL**

7 DEADLY SINS QUESTIONS

SLOTH SELF-REFLECTION QUESTIONS

Sloth is a kind of laziness, especially in the things of God. It is a sorrow in the face of spiritual good; it makes me lethargic and want to do nothing, or it drives me to neglect spiritual goods. Punctuality and self-discipline are helpful in overcoming sloth.

- Am I faithful to my resolutions?
- Do I pray, and do I quit prayer at the slightest opportunity?
- Am I reverent, especially before and after receiving the Holy Eucharist?
- Am I respectful of sacred places, persons, and objects?
- Do I hurry through prayer?
- Do I labor to grow in my prayer life?
- Do I practice mortification?
- Do spiritual things excite me?
- Do I practice self-reflection and recollection?
- Is my worship of God lip service or a show?
- Do I live an interior life?
- Do I hurry through the liturgy to get it done with?
- Do I possess utmost reverence for Jesus Christ in the Holy Eucharist?
- Am I lukewarm, uninterested, or indifferent?
- Do I have a desire to want to pray?
- Do I indulge in self-abuse?
- Do I skip prayer time or cut it short?
- Do I read away my prayer time?
- Do I have a habit of lateness to appointments, including Mass?
- Am I grounded and rooted in my faith?
- Do I view problems as too difficult to solve?
- Do I easily get discouraged or easily upset?
- Am I ruled by my feelings?
- Is my goal in life Heaven?
- Am I afraid to make a commitment?
- Do I witness or talk to someone about Jesus Christ?
- Am I zealous or excited, shamed or indifferent at the name of Jesus?
- Do I compromise?
- Do I identify easily with Jesus, His truth, His values, or His Church?
- Do I love being idle?
- Where do I tend to take the easy way out?
- Am I lukewarm, fatigued, or weary about the things of God?

7 DEADLY SINS QUESTIONS

- Do I love inordinate rest? Inactivity?
- Do I tend to be too busy that I don't pray?
- Is my work my prayer? Am I fervent in prayer?
- Do I desire and pray to be a saint?

If your predominant fault is SLOTH then strive to practice the virtue of DILLIGENCE

7 DEADLY SINS QUESTIONS

ANGER SELF-REFLECTION QUESTIONS

Anger is a disorderly emotion of the soul that inclines us to repel whatever displeases us and that leads us to revenge. However, there is a lawful anger, which is brought on by zeal for the honor of God. We all understand that fact — anger offends a person; anger offends God. But we seldom stop to consider that anger has a reaction, an effect on him who indulges in it. That reaction, that effect, is unhappiness. Furthermore, anger has an effect on others; it is a source of unhappiness to others. For the sake of getting a new viewpoint about anger, or for the sake of bringing to mind something that may have been forgotten, let us, for the moment, not consider anger an offense against God, but let us follow the thought that anger is unreasonable because it brings unhappiness to self and others.

- Am I impatient or do I easily tend toward impatience?
- Do I harbor angry or revengeful thoughts?
- Do I have outbursts of anger?
- Do anger feelings rise up in me in dreams?
- Do I yell or shout at people?
- Am I violent?
- Do I tend toward violence?
- Do I hold grudges in my heart?
- Have I forgiven anyone who hurt me?
- Do I feel let down or disappointed by God?
- Do I have anger in my heart toward God for any negative events in my life, especially childhood hurts or fearful events?
- Do I avoid or refuse to speak to someone because I am angry?
- Am I sarcastic?
- Am I stubborn and unyielding?
- Am I harsh to anyone?
- Am I easily wounded or feel easily hurt?
- Am I unhappy inside of me?
- Am I frustrated at myself for my sins, weaknesses, or faults?
- Do I complain?
- Am I discouraged or tend to despair?
- Do I repress signs of anger?
- Am I hard to get along with?
- Do I tend to take over control or be in control?
- Do I easily forgive others?
- Do I break things?
- Do I curse, sometimes without reason?

7 DEADLY SINS QUESTIONS

- Am I bitter?
- Do I love myself?
- Do I rejoice in the misfortunes of other people?
- Am I prone to revenge or do I try to get even with others?
- Do I indulge in self-abuse of any kind?
- Do I give the silent treatment?
- Do I ignore others as an expression of anger?
- Am I critical?
- Do I waste time trying to find fault in someone?
- Do I sneak around on the lookout for others' wrongs and mistakes?
- Am I restless and fail to pay attention to my feelings?
- Do I accuse, condemn, or belittle others?
- Do I love as Jesus loves?

If your predominant fault is ANGER then strive to practice the virtue of PATIENCE

7 DEADLY SINS QUESTIONS

LUST SELF-REFLECTION QUESTIONS

“Who shall ascend into the mountain of the Lord: or who shall stand in the holy place? The clean of heart, for they shall see God” (Ps. 23:3). “Blessed are the clean of heart: for they shall see God” (Matt. 5:8). Now, it should be remembered that by “cleanness of heart” is meant not only the avoidance of serious sins against the angelic virtue, but also the keeping from venial sin and imperfections that sooner or later draw us into grave temptation. Surely all of us should strive to have perfect modesty in all things.

- Do I base my decisions on feelings or what reason tells me?
- Am I modest in clothes, speech, and thoughts?
- Do I pray perseveringly?
- Do I engage in impure conversations?
- Do I engage in immoral behavior?
- Do I violate the Sixth Commandment: fornication, nudity, incest, IVF, masturbation, homosexuality, birth control, abortion, sterilization, or pornography?
- Am I in bondage to sexual sin?
- Is my love exclusive?
- Do I read or watch things suggestive or immoral?
- Do I allow my mind to wander, to be distracted?
- Do I visit inappropriate Internet sites or TV channels?
- Do I tend to overstep appropriate boundaries in my thoughts, words, and actions in sexual matters?
- Do I pray deeply and converse with God (Mt 6:6)?
- Where do I store my treasure (Mt 6:21)?
- What thoughts do I entertain in my mind frequently?
- Which of my senses cause me the most sin?
- Do I misuse my tongue? Do I say inappropriate things? Do I curse?
- Do I overeat and overdrink? Am I sad or burdened?
- Am I controlling?
- Do I lust after power, honor, position, or material things?
- Do I crave spiritual goods and favors in prayer, e.g., ecstasies and spiritual highs and seek the extraordinary?
- What takes my attention away from Jesus?
- Am I chaste in my state of life?
- Do my sexual beliefs and practices agree with Church's teachings?
- Do I use contraceptives?
- Are my friendships occasion for sexual temptations and sins?
- Am I compulsive in acquiring pleasure?

7 DEADLY SINS QUESTIONS

- Does sexuality cause me bondage and deprive me of life in Christ?

Our love should be given to God. He who loves God has an abiding sorrow for sin, for he remembers that he has offended God. God wants our love. He wants us to render a perfect service through that love. We should love God, for He has been good to us. We should love God because He is God.

**If your predominant fault is LUST then strive to practice the virtue of
MODESTY/CHASTITY**