

1st Exercise: A General Examination of Conscience on the 7 Deadly Sins

Instructions

This examination of conscience can be used as a resource for frequent confession (since your most recent valid confession) or for what is called a general confession (since your earliest memories of childhood). If you are preparing for a general confession, check all the boxes for sins that you have committed since your last valid confession plus any sins since your earliest memories of childhood that still plague you in some way.

For example, say that you have not committed any sins of lust since your last confession, but you used to struggle with pornography and masturbation throughout your teenage years. Although you have not committed this sin since your last confession, thoughts about your past sins still bother you at times. From impure dreams to random imaginations throughout the day, you still feel plagued by the deadly sin of lust. For a general confession, you can confess this sin again in regard to the frequency of this sin throughout your life, the impact that it has had on your relationships, and any other pertinent information that would help in the healing process.

The sins with a * before them are commonly considered to be “grave matter.” If you committed this sin with full knowledge and deliberate consent, you are required to try your best to bring to confession the amount of times that you’ve committed that specific sin because it is considered a mortal sin (see CCC 1857). To the left of the box, write down the frequency of this sin.

The sins without a * are considered venial sins. The Church strongly recommends that we confess venial sins because it can help us to “form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit” (CCC 1458). If you have intentionally committed these sins, you can also confess the frequency of this sin.

Before we begin this examination of conscience, it’s important to highlight the fact that it will take a lot of courage and vulnerability to enter into the depths of our hearts to discover the darkness, brokenness, and sinfulness of our lives. So let us pray for the Lord to give us the grace we need:

“Jesus, crucified on the Cross, bearing the weight of all of my sins, past, present and future, give me the grace to see my soul in the light of Your truth. Send Your Holy Spirit and shine a bright light upon the dark areas of my soul to show me what is wrong with me. Give me courage to admit my sinfulness and vulnerability to open up my heart for real healing and transformation. Jesus, I trust in You. Have mercy upon me. Amen.”

Pride

Pride is a disordered love and esteem of yourself above God and others. Jesus said to His disciples, “For all who exalt themselves will be humbled” (Luke 14:11).



With God, have I...

- ☐ valued any finite thing or reality above and beyond my relationship with Him, such as wealth, pleasure, power, family, or career?
- ☐ intentionally chosen my own will instead of His will?
- ☐ *participated in any “superstitious practices,” such as astrology, magic, fortune-telling, horoscopes, or anything that attributes divinity to an object or idea that is not God?
- ☐ *intentionally hidden any sins in previous confessions?
- ☐ *committed a mortal sin out of presumption that I can be absolved in confession?
- ☐ failed to pray daily for His help and guidance?
- ☐ tried to manipulate, control, or blame Him for my problems?

With others, have I...

- ☐ led others to believe something about the Church’s teaching or practice that was not true?

- ☐ *given false witness (not under oath) or perjury (under oath)?
- ☐ lied or exaggerated to make myself look good or serve my personal gain?
- ☐ been critical or judged others, in my thoughts, words, or actions?
- ☐ blamed others and excused myself?
- ☐ dwelt on the failings of others?
- ☐ ranked myself better than others?
- ☐ had a superior “know-it-all” attitude in conversations?
- ☐ bragged or boasted in front of others?
- ☐ been egocentric and self-centered in my conversations?
- ☐ been slow to listen and quick to speak?
- ☐ reacted negatively or harshly to others' questions, comments or jokes?
- ☐ refused to learn from others or accept that another person had a better idea?
- ☐ complained or whined to seek attention?
- ☐ made fun of or failed to help the elderly or handicapped?
- ☐ failed to respect legitimate authority (family, civil, religious, and vocational) and sought to contribute to the common good?
- ☐ lacked gratitude and respect towards my parents or grandparents?
- ☐ not carried out the advice or counsel given in spiritual direction or confession, unless it was deemed sinful?

With myself, have I...

- ☐ *participated or adhered to any New Age or Eastern philosophies?
- ☐ *left the Church and joined the Masons or another secret society or schismatic group?
- ☐ *cheated in games, school work, or any other area to win or get ahead in life?
- ☐ been impatient with my weaknesses, failings, or lack in virtue?
- ☐ been stubborn and refused to admit when I was wrong?
- ☐ done things for my own glory and selfish ambition instead of the glory of God?
- ☐ been discouraged, which is a form of wounded pride?
- ☐ idolized myself above God and others?
- ☐ idolized my accomplishments?

Anger

Anger is a disordered desire for revenge, which goes beyond the control of reason in cause or in amount. Jesus said to His disciples, “Everyone who is angry with his brother shall be liable to judgment” (Matthew 5:22).



With God, have I...

- ☐ *used His name in a profane, demeaning, or irreverent way?
- ☐ harbored any anger or resentment against Him for not answering my prayers?

With others, have I...

- ☐ *committed murder, homicide or manslaughter?
- ☐ reduced the dignity of the Church, Mary, the Saints, the Pope, or another sacred person by using their names in a profane, demeaning, or irreverent way?
- ☐ spoken badly about the Church or about Church teachings?
- ☐ shown verbal, emotional or physical abuse?
- ☐ damaged the reputation or livelihood of another person through gossip, lying, or false accusation (sin of calumny)?
- ☐ shown bigotry or hatred for persons of other races?
- ☐ been rude, stubborn, impatient, vulgar, argumentative, or arrogant?
- ☐ been slow to forgive and harbored resentment, grudges, or hatred in my thoughts?
- ☐ failed to listen to others before responding?
- ☐ lost my temper and been quick to yell at others?
- ☐ wished evil upon another?
- ☐ disobeyed or disrespected my parents or anyone in authority?

- ☐ spoken badly about my parents, my child, my spouse, or those in authority?
- ☐ broken just civil laws without serious reason?
- ☐ *wished death or evil on my parents?
- ☐ *abused or seriously neglected my children?

With myself, have I...

- ☐ gotten angry at myself?
- ☐ cursed thoughtlessly?
- ☐ refused to carry my cross without complaint or self-pity?
- ☐ been impatient with my own sufferings and sicknesses?
- ☐ failed to accept the contradictions and crosses of each day well?
- ☐ idolized power, control, or justice?

Lust

Lust is a disordered desire for sexual pleasure, isolated from its procreative and unitive purpose (CCC 2351). Jesus said to His disciples, “Whoever looks at a woman with lust for her has already committed adultery with her in his heart” (Matthew 5:28).



With God, have I...

- ☐ gone against the Church's teachings regarding human sexuality or marriage?
- ☐ forsaken the Sacrament of Matrimony and been married outside the Church? and/or involved in polygamy or polyandry (many wives/husbands)?

With others, have I...

- ☐ *willfully disregarded the sanctity of human life from conception to natural death by using contraceptives and abortifacients, procuring or assisting in an abortion, or supporting the administration of euthanasia procedures?
- ☐ *sought sexual gratification outside of the Sacrament of Marriage through sexual infidelity or pre-marital sexual relations?
- ☐ *committed rape? or been involved in prostitution?

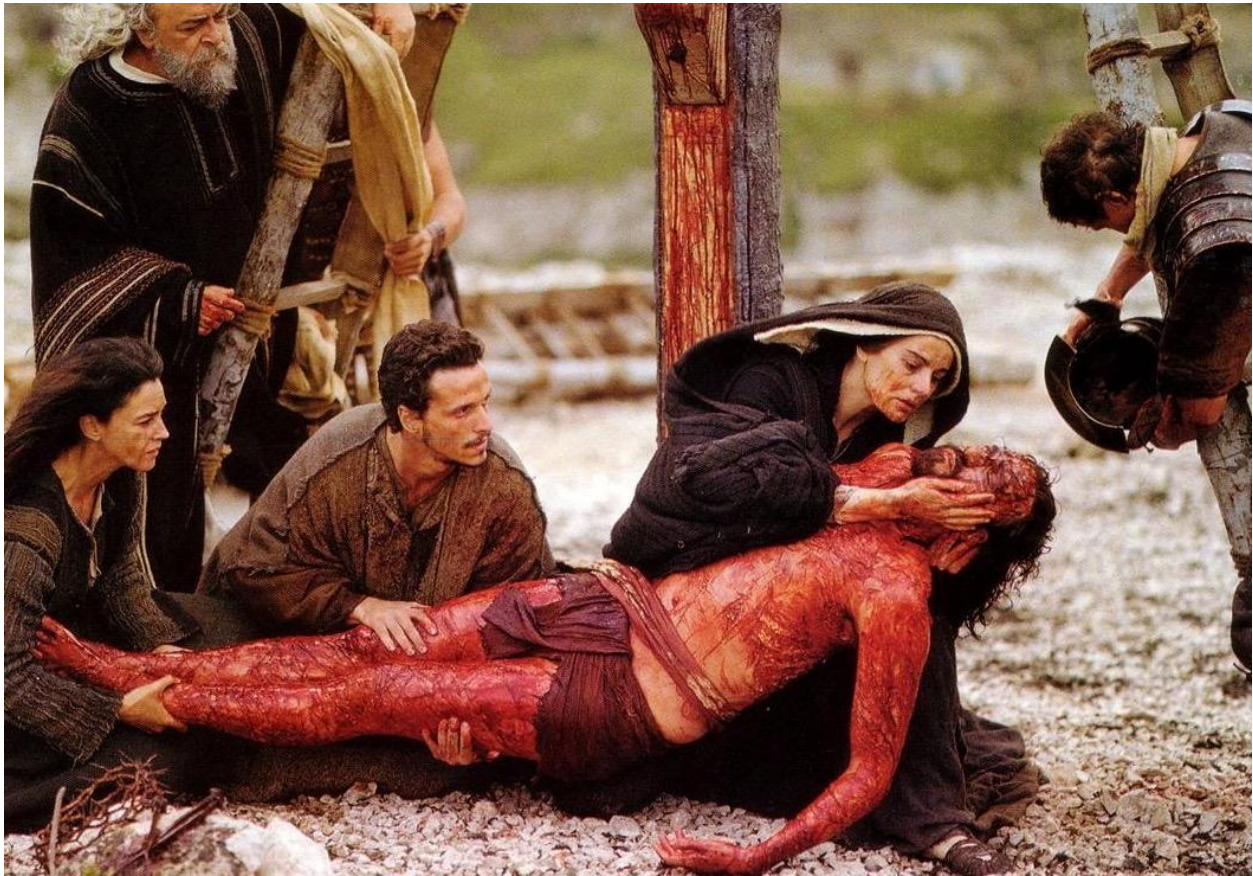
- ☐ *committed anal sex or other degrading sexual practices like oral sex (outside of foreplay in marriage)? onanism (intentional withdrawal and non-vaginal ejaculation)?
- ☐ failed to love and honor my spouse as Christ loves the Church: faithfully, fully, fruitfully, and freely?
- ☐ sought emotional intimacy with another person in such a way that endangers my own or the other person's marital commitment?
- ☐ dressed or acted in a manner intended to cause arousal in another (spouses excepted)?
- ☐ kissed or touched another passionately for the purpose of arousal (spouses excepted)?
- ☐ allowed another to kiss or touch me in a sexual manner (spouses excepted)?
- ☐ aroused sexual desire in myself or another by impure kissing, embracing, or touching?
- ☐ failed to maintain custody of my eyes and viewed others as mere sexual objects rather than as persons to be loved and served?
- ☐ entertained impure thoughts or feelings? and/or willfully lusted after another?
- ☐ willingly listened to impure jokes or stories?
- ☐ made sexually suggestive comments to others?

With myself, have I...

- ☐ *dwelt on impure thoughts or fantasies for the purpose of arousal?
- ☐ *viewed pornography or related sexual or sexualized material on the internet? television? social media? books? magazines?
- ☐ *committed masturbation?
- ☐ *participated in in-vitro fertilization? artificial insemination? or donated sperm or ovum?
- ☐ *been involved or supported human cloning?
- ☐ *been involved or supported "selective reduction" of babies in the womb? or surrogate motherhood?
- ☐ idolized sex? relationships? beauty?

Envy

Envy is a disordered sadness aroused by someone else's possessions, qualities, or blessings. St. James reminds us: “For where envy and selfish ambition exist, there will be disorder and every vile practice” (James 3:16).



With God, have I...

- ☐ been bitter and resentful towards Him about what I don't have?
- ☐ avoided Him in prayer out of sadness for not having what others have?

With others, have I...

- ☐ been envious of anyone's abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family?
- ☐ damaged the reputation of another person through telling lies, exaggeration, or engaging in gossip?
- ☐ failed to defend the reputation of others (out of envy)?
- ☐ taken pleasure in the misfortune of others (out of envy)?

With myself, have I...

- ☐ been preoccupied with what I do not have?
- ☐ tried to exalt myself spiritually out of feelings of envy towards another person's progress in the spiritual life?
- ☐ lied, exaggerated, or distorted the truth?
- ☐ idolized status? possessions? talents?

Gluttony

Gluttony is a disordered love of eating, drinking, or other material goods. Jesus said to them, “The days will come when the bridegroom will be taken away from them, and then they will fast in those days” (Luke 5:35).



With God, have I...

- ☐ failed to practice fasting and self-denial, especially on Fridays?
- ☐ failed to abstain from meat on Fridays in Lent?
- ☐ failed to fast an hour before receiving Him in Holy Communion at Mass?
- ☐ given into spiritual gluttony through excessive purchases of spiritual books and other objects of devotion?

With others, have I...

- ☐ eaten greedily and with little consideration for those at table with me?
- ☐ failed to give money to help the hungry?
- ☐ avoided to share and assist with others in need?

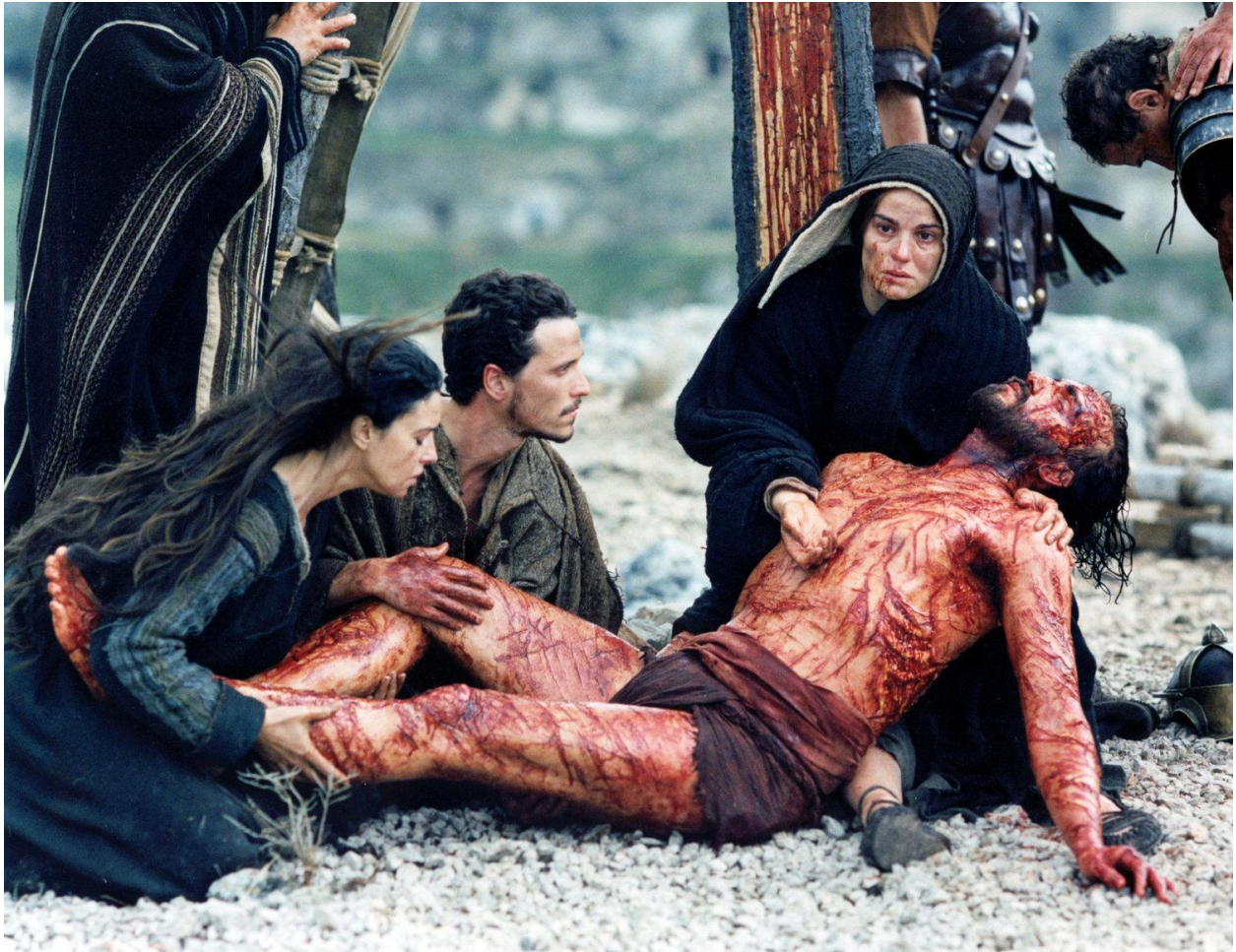
With myself, have I...

- ☐ spent excessive money on food? or excessive time with food or other material things?
- ☐ spent excessive energy and expense seeking to ensure my food or environment is perfectly to my desires (temperature, texture, atmosphere)?
- ☐ consumed food or drink that was damaging to my body to satisfy my tastes or appetites?

- ☐ consumed more than I need to – more than my body needs to maintain a healthy weight?
- ☐ spent excessive energy and expense seeking comfort?
- ☐ failed to take care of my body as a temple of the Holy Spirit?
- ☐ failed to take care of my mental and spiritual health?
- ☐ developed an addiction to alcohol, drugs or anything else?
- ☐ been wasteful of food, drink, or other material things?
- ☐ *consumed alcohol excessively?
- ☐ *used illegal drugs? or misused prescription drugs?
- ☐ *driven under the influence of drugs or excessive alcohol?
- ☐ idolized food? drink? drugs?

Avarice

Avarice is a disordered love of the goods of this world above and beyond what is necessary to live in keeping with your condition of life. And Jesus said to them, “Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of his possessions” (Luke 12:15).



With God, have I...

- ☐ *stolen something that was consecrated to God or from a holy place?
- ☐ avoided giving generously of my time, talent, or treasure to Him?
- ☐ been resentful of my lack of money or resources?

With others, have I...

- ☐ avoided generous giving to others in need?

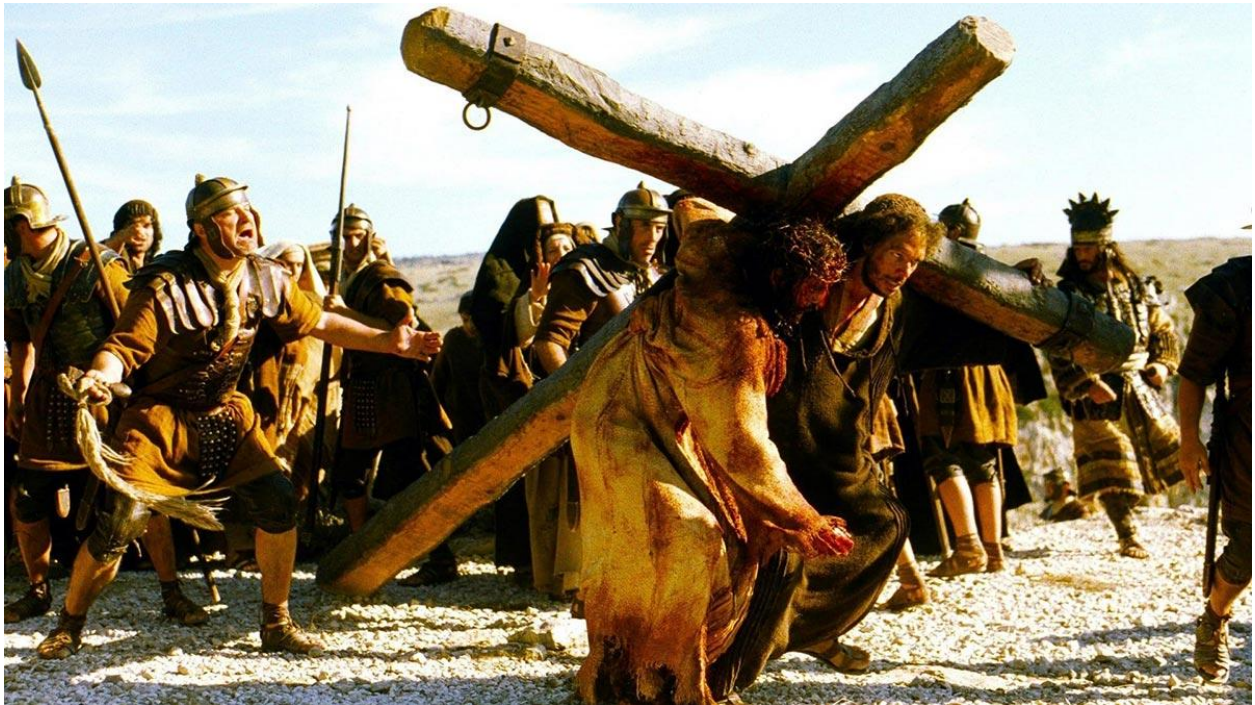
- ☐ been resentful when I have given of my time, talent, or treasure to others?
- ☐ used other people for my own ends and advantage?
- ☐ shown a lack of concern or compassion for the needs of others?
- ☐ failed to contribute to the physical and spiritual well being of my parents, family, and those entrusted to my care?
- ☐ *failed to fairly and rightly compensate others for goods or services that I have received?
- ☐ *deliberately taken another person's property?
- ☐ *refused to compensate another person for a loss that was caused by my intentional neglect or carelessness?
- ☐ *been involved in tax evasion, forgery, price fixing, blackmail, fraud or embezzlement, violating copyrights, pirating computer software, slavery or serious cruelty to animals?

With myself, have I...

- ☐ wasted money on things I don't need?
- ☐ spent money unnecessarily, out of extravagance, caprice, vanity, comfort?
- ☐ *excessively gambled?
- ☐ *stolen a large amount of money or a valuable item?
- ☐ stolen small or inexpensive items?
- ☐ *cheated, stolen, or failed to pay my bills on time?
- ☐ avoided sacrificial giving? or do I only give when it is easy to give?
- ☐ been overly concerned about my own comfort and well-being?
- ☐ idolized wealth? security?

Sloth

Sloth is a disordered sorrow and laziness in the face of spiritual good. And Jesus said to His disciples, “You wicked and slothful servant! You knew that I reap where I have not sown and gather where I scattered no seed?” (Matthew 25:26).



With God, have I...

- ☐ *missed Mass on a Sunday or on a Holy Day, without a just reason (e.g. sickness)?
- ☐ put other priorities ahead of Him, especially on Sundays and Holy Days (e.g. friendships, ambition, sports, hobbies, comfort and ease)?
- ☐ shown up late for Mass or failed to make a prayerful preparation before Mass, without a just reason?
- ☐ left Mass early, without a just reason?
- ☐ been irreverent or not attentive at Mass?
- ☐ failed to pray on a daily basis?
- ☐ avoided prayer when tempted?
- ☐ omitted or shortened my scheduled prayer, except in case of illness?
- ☐ entertained distractions or allowed my mind to wander in prayer?
- ☐ been lazy in devotional practices like reading of Scripture, spiritual reading, and praying the rosary?

- ☐ neglected to learn and study the teachings of the Church?
- ☐ *received Holy Communion while in a state of mortal sin?
- ☐ *received the Sacraments of Confirmation or Matrimony while in a state of mortal sin?
- ☐ *failed to go to Confession at least once a year?
- ☐ put off Confession needlessly, especially while in a state of mortal sin?
- ☐ failed to baptize my child within a few months after birth, without a valid reason?
- ☐ despaired of God's grace or mercy?

With others, have I...

- ☐ been lazy when others are in need?
- ☐ expected others to do things for me?
- ☐ scandalized others by being slothful?
- ☐ lost my faith/piety due to bad company or cowardice?
- ☐ failed to defend the Church when ridiculed?
- ☐ wasted other people's time or dishonored them by being late?
- ☐ led them to violate the Sabbath rest through unnecessary work?
- ☐ failed to be attentive to the needs of my family?
- ☐ been too lax or too strict with rules, boundaries, and discipline?
- ☐ *seriously neglected my children's religious education or upbringing?
- ☐ failed to give a good example to my children?
- ☐ *failed to carry out the last will of deceased parents, without a serious reason?

With myself, have I...

- ☐ *tried to commit suicide or seriously entertained suicidal thoughts?
- ☐ failed to put in an honest day's work?
- ☐ failed to have proper rest and recreation on the Sabbath day?
- ☐ failed to take medication if such are necessary?
- ☐ failed to sleep on time?
- ☐ wasted time needlessly through use of cell phone, TV, gaming, or internet?
- ☐ focused only on my own pleasure?
- ☐ despised sacrifice in the little things of each day?
- ☐ listened to bad music?
- ☐ excessively watched TV, movies, computer games?
- ☐ driven carelessly, dangerously or recklessly?
- ☐ procrastinated homework?
- ☐ idolized comfort? ease?

Exercise #2: A Particular Examination of Conscience on the 7 Deadly Sins

Now that we have gone through a general examination of conscience based on the seven deadly sins, you are encouraged to take this one step further.

Because of our fallen human nature, all seven deadly sins are present in all of us, but one usually bad apple is most abundant in our lives.

The goal for this exercise is to determine which deadly sin is causing the most damage in our spiritual lives. In older writings on the spiritual life, this was called your “predominant fault.”

Let us begin in prayer:

Lord Jesus, help me to see which one of the seven deadly sins is most lethal in my life right now. Save me from self-deception and reveal to me what’s really happening in my life. I want to know why this bad apple keeps showing up and is causing so much damage in my life.

Now go through the General Examination document again with the intention to name which one of the seven deadly sins is most lethal in your life right now.

The Deadly Sin of _____.

Make sure to write it down in the space above. Writing it down is a great step in disarming the deadly sin of its power.

With all of this in mind, it is crucial that we properly identify the one deadly sin that is most lethal in our life right now. If possible, ask your spiritual director or confessor whether the deadly sin you named is the most lethal in your life.¹

Often, we can bring the same sins to Confession again and again without any progress and one of the reasons that we fail to experience deeper conversion is that we fail to be specific about what we really struggle with and so we fail to come up with an appropriate strategy to combat it.

¹ Asking an appropriate spiritual person is very helpful because as we all know far too well, the human person has an infinite capacity for self-deception. Fr. Garrigou-Lagrange, in his classic work, *The Three Ages of the Interior Life*, advises us to ask our spiritual director for objective feedback: “What does my director think of this? In his opinion, what is my predominant fault?” No one, in fact, is a good judge in his own case; here self-love deceives us. Often our director has discovered this fault before we have; perhaps he has tried more than once to talk to us about it. Have we not sought to excuse ourselves? Excuses come promptly, for the predominant fault easily excites all our passions: it commands them as a master, and they obey instantly. Thus, wounded self-love immediately excites irony, anger, impatience. Moreover, when the predominant fault has taken root in us, it experiences a particular repugnance to being unmasked and fought, because it wishes to reign in us. This condition sometimes reaches such a point that, when our neighbor accuses us of this fault, we reply that we have many bad habits, but truly not the one mentioned.” – *The Three Ages of the Interior Life*, Vol I, Part 2, Chapter 22.

In his classic book on the spiritual life, *Deep Conversion/Deep Prayer*, Fr. Thomas Dubay states:

“Vague, general and grandiose aspirations do not produce conversion, let alone deep conversion. Velleities are common: “I wish I were better... I’d like to get rid of my overeating or my bursts of impatience or my gossiping... or my more or less unchaste use of television... or my...” The list could go on and on. “I really do want to be better, but nothing lasting happens.”

If well-meaning generalities produce slim results, is there anything else that needs to be done to get rid of sins, mortal and venial?... Yes, it is to be rid of mere vague wishes. We need to focus on clear and specific aims and plans. An analogy with modern warfare may be helpful here. High-level military officers plan their ground, air and sea campaigns in fine detail – including alternative responses to differing situations and responses of the enemy. The best officers leave little to chance. What we read of contemporary tactics confirms this.

The spiritual life is, as Job 7:1 reminded us, a warfare. Vague wishes go nowhere. This is why many of the wise religious orders retain the practice they call particular examen. It is exactly what its name indicates. In this exercise the person focuses special daily attention on one fault to be corrected or one virtue to be acquired or improved upon: gossiping, overeating or bursts of temper, for example; or gentleness, humility or truth telling. At the same time each day (an aid to remembrance), in a prayerful atmosphere and place, this individual goes over the previous twenty-four hours, examining how he behaved on the one specific point. He notices how he succeeded or fell with regard to that one aim, what were the times and circumstances, who were the persons who triggered the successes or failures. Most likely it will not be many days before he sees a pattern emerging (if he did not already know it). This first part of the particular examen can be done in one or two minutes.

Then he spends another short time planning for the next twenty-four hours and preparing to do better on this one point. It is wise to begin the particular examen with a short prayer for light to know oneself better, and to conclude it with another for vigilance and readiness aimed at success in execution. This whole exercise can be done in a few minutes. Its helpfulness is due to putting concern and determination into practice.

Bernard Bro, O.P., in his study of Saint Thérèse of Lisieux, offers a concrete example of how this saint went about acquiring a specific virtue and avoiding a potential fault. She did not simply wish in general to love her religious sisters. She selected a specific need for improvement, foresaw the time, persons and circumstances in which she was going to meet the problem:

Thérèse had acquired the habit of smiling every time when, at work, she was disturbed by a Sister who came with or without reason, to ask her for some service. She noted this with humor in her last manuscript. She was ready for annoyance: “I want it; I count on it ... so I am always happy” (Saint Thérèse of Lisieux, p. 62).

That is the particular examen in a nutshell and in action. This charming saint was concerned, determined, motivated, much in love, deeply prayerful and specific. It is no wonder she so quickly reached heroic holiness and the transforming intimacy with the Trinity indwelling. She was living the surefire program, even if she did not hear of it put in those words.

With this great advice from Fr. Thomas Dubay in mind, ask your confessor in the Sacrament of Reconciliation to confirm which one of the 7 deadly sins is most lethal in your life right now. And ask him for advice on how you can come up with a strategy to overcome – with God’s grace – this deadly sin.

Prayers to Heal the 7 Deadly Sins

General Instructions

The text in **bold** is highly recommended to say out loud. The text without bold is optional. Read through it. If any resonate with what you checked off during the examination of conscience, you can add these to what you renounce out loud as well.

Important to note that some terms like fear, guilt, sadness, and anger do not refer to common human emotions, but rather a pattern of response to life that has hindered a person's freedom.

Remember that renunciation is always done in the name of Jesus. When you call on His name, Jesus immediately shows up by your side. And when you renounce the evil spirits, Jesus immediately points His divine finger and with a word of command, says, "Out!"

Pride

In the name of Jesus,

- **I renounce the sin of pride and any idolatry of myself above God and others.**
- **I renounce self- righteousness, self-deception, and self-promotion.**
 - Rebellion, disobedience.
 - Self-justification, self-righteousness, comparison, perfectionism, striving, stubbornness.
 - Arrogance, superiority, willfulness, argumentativeness, division, accusation.
 - Control, self-reliance, independence, self-sufficiency.
 - Religious pride, religiosity, specific areas of pride (i.e., intellectual pride, family name...)
 - Judgment, criticism, accusation, superiority, comparison, insecurity.

I ask for your forgiveness Lord...

And in the name of Jesus,

- **I choose to live by the virtue of humility.**

Anger

In the name of Jesus,

- **I renounce the sin of anger, and any idolatry of power, control or justice.**
- I renounce all bitterness, judgments, and retaliation.
- Resentment, bitterness, unforgiveness, revenge, retaliation, hatred, rage, violence, murder.
- Racism, prejudice, false judgment, stereotyping, superiority, pride, insecurity, fear, comparison.

I ask for your forgiveness Lord...

And in the name of Jesus,

- **I choose to live by the virtue of forgiveness.**

Are there any people you need to forgive... Ask Jesus right now... Jesus, are there any people I need to forgive... or forgive again...?



Exercise for Forgiveness of Others

Try to call to mind all of the sins of your entire life. Think of all of the seven deadly sins that you confessed.

See Jesus look up at His heavenly Father, and then down on you and say: "Father, forgive _____ - he did not know what he was doing."

Now, bring this person by your side at Calvary. Place them between you and Mary.

Allow yourself to feel the pain of how they hurt you. If it helps, speak to Jesus and/or Mary about this pain you felt.

Now, see Jesus look at this person.

Hear Jesus say these words: "Father, forgive _____ - he/she know not what he/she was doing."

Jesus and Mary now look at you.

It's your turn. Be specific and say out loud, "In the name of Jesus, I forgive _____ for _____."

Now, picture the soldier taking the lance and piercing Jesus' Sacred Heart.



The blood and water gush forth from His Heart as rays of divine mercy, washing you both clean. Thank Jesus for having forgiven you both.

Lust

In the name of Jesus,

- **I renounce the sin of lust, and any idolatry of sex or relationships.**
- I renounce all immorality, fornication, adultery, pornography....
- Homosexual encounters, adultery, rape, incest, worthlessness.
- Victim identity, powerlessness, helplessness, self-pity.

I ask for your forgiveness Lord...

And in the name of Jesus,

- **I choose to live by the virtue of chastity.**



Envy

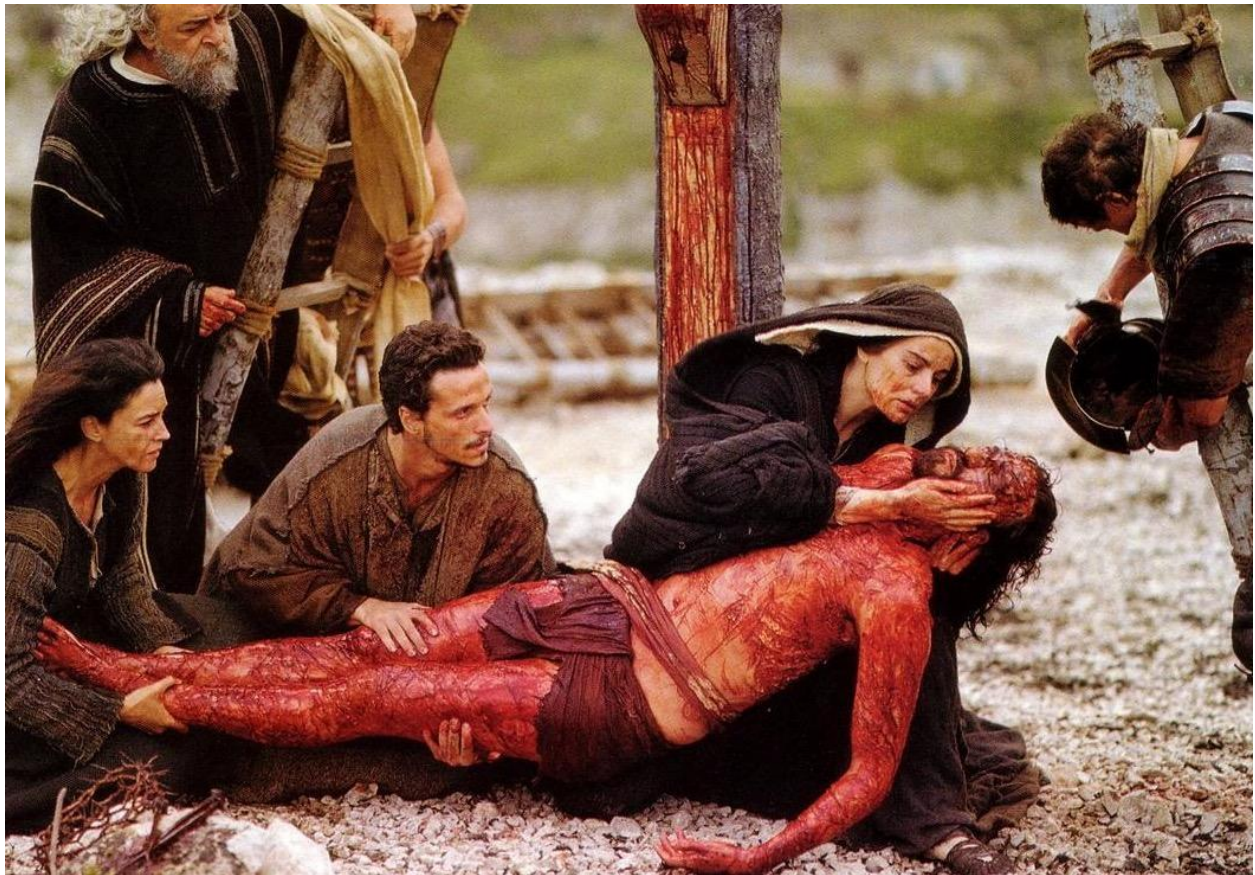
In the name of Jesus Christ,

- **I renounce the sin of envy, and any idolatry of position or status.**
- **I renounce coveting what anyone else has and bringing them down.**
- Jealousy, envy, selfishness, greed.

I ask for your forgiveness Lord,

And in the name of Jesus Christ,

- **I choose to live by the virtue of kindness.**



Gluttony

In the name of Jesus,

- **I renounce the sin of gluttony, and any idolatry of food, drink or drugs.**
- **I renounce all self-indulgence and false comfort through what I take into my body.**
- **Addiction, alcoholism, nicotine, drugs, gluttony, the idol of food.**

I ask your forgiveness Lord...

And in the name of Jesus

- **I choose to live by the virtue of temperance.**



Avarice

In the name of Jesus,

- **I renounce the sin of avarice, and any idolatry of security, wealth or money.**
- **I renounce all sins of hoarding, stealing, or using people to get ahead.**

I ask your forgiveness Lord...

And in the name of Jesus

- **I choose to live by the virtue of charity.**



Sloth

In the name of Jesus,

- **I renounce the sin of sloth, and my idolatry of ease and false comfort.**
- **I renounce laziness or giving up when things get difficult.**
 - Laziness, tiredness, weariness.

I ask for your forgiveness Lord...

And in the name of Jesus,

- **I choose to live by the virtue of fortitude.**



General Rejection of all 7 Deadly Sins

In the name, power, and authority of Jesus, I renounce and reject all unclean spirits that may be afflicting me. I renounce the sins of pride, anger, lust, envy, gluttony, avarice, sloth, and I renounce any affection I have retained for them. I reject the empty promises of Satan, I refuse to be mastered by sin, and I hereby offer to God every disordered attachment that keeps me from Him. Amen

Resources Used (with permission):

- Examination of Conscience based on the 7 Deadly Sins by Fr. Dylan James:
<http://fatherdylanjames.blogspot.com/2009/03/examination-of-conscience-based-on-7.html>
- Be Healed by Dr. Bob Schuchts
- Examination of Conscience by Word on Fire
- Fr. Robert Altier's Examination of Conscience:
<https://www.divinemeracy.cc/documents/2021/5/Examination%20of%20Conscience.pdf>
- Msgr. Charles Pope: www.blog.adw.org