**An Examination of Root Sin based on the Seven Deadly Sins**

**#1 -Pride -Pride is the mother of all sin**

Do I refuse or resist admitting my weaknesses? Do I dwell on the failings of others? Do I judge/condemn others, in my thoughts or words? Do I rank myself better than others or demand certain treatment because of my “status”? Do I refuse to learn from others or reject their opinions, especially when they disagree with me? Am I stubborn? Do I Refused to admit I am wrong or to accept that another person has a better idea? Am I arrogant? Do I hold others in contempt? Do I assume I am right and others are wrong without ensuring I actually understand them or their ideas?

**Vanity** –Vanity is excessive concern about what others think of me –not just what they think of my appearance. Am I overly concerned about what others think of me? Have I allowed this to influence my actions? Do I lie or exaggerate to make myself look good? Have I wasted undue time and money on clothes and appearance? Am I discontent with my lowly position, or have I resented the role that Christ asks of me? Do I experience frequent anxiety regarding how I am perceived? Do I allow this to influence my actions? Amy I cowardly in when confronted with doing or saying something that should be said or done because of my concern for the perception of others? Do I cling to my own perception of myself instead of allowing others to help me understand how I really am?

**#2 -Anger/Wrath- Anger is undue desire for vengeance -undue in cause or in amount.**

Do I harbour resentment, grudges, and hatred in my thoughts? Do I nurture imaginary angry conversations? Am I slow to forgive? Do I lose my temper? Do I easily get frustrated with people? Do people easily get on my nerves? Impatience: How do I carry my cross? Am I impatient or frustrated with people, family, events, sufferings, sicknesses?

**#3 –Lust- It is disordered desire for sexual pleasure, isolated from its procreative and unitive purpose**

Do I view others as mere sexual objects rather than as persons to be loved and honored? Do I depersonalize others and express lack of concern for their slavery within pornography to enable my own pleasure? Pornography: On internet? or TV? Impure Thoughts: Do I entertain impure thoughts? Impure Acts: Alone, or with another?

**#4 - Covetousness/Avarice - It is the excessive love of possessing things**

Am I overly concerned about my own comfort and well-being? Am I resentful of my lack of money or resources? Am I generous in giving? Do I give with a cheerful heart? Do I cheat, steal, fudge, or fail to pay my bills on time? Do I use people for my own ends and advantage? Do I waste money?

**#5 - Envy/Jealousy – It is sadness at the happiness of another**

Do I envy or experience jealousy regarding the abilities, talents, ideas, good-looks, intelligence, clothes, possessions, money, friends, family, of others? Am I saddened or frustrated at the success of others? Do I damage the reputation of others by my words, attitude, or looks? Do I repeat accusations that might not be true? Do I exaggerate? Do I fail to defend the reputation of others? Do I fail to keep secrets? Do I despise others of different race, class or culture? Lies: Do I lie or exaggerate?

**#6 - Sloth/Apathy - Laziness, especially in the things of God. Sloth is a sorrow in the face of spiritual good -it makes you lethargic and want to do nothing.**

Do I seek God above all else, or have I put other priorities ahead of him? (e.g. friendships, ambition, comfort and ease) Do I get so caught up in the things of this world that I’ve forgotten God? Do I risk losing my faith/piety by bad company, bad reading, cowardice, or pride? Do I trust God, especially in times of difficulty? Do I attended Mass each and every Sunday? Do I neglected to say my daily prayers? Do I entertain distractions in prayer, or fail to give God due concentration in prayer or in the Mass? Do I make a prayerful preparation before Mass and a good thanksgiving after Mass? Do I receive Holy Communion while in a state of serious sin? Do I neglect to seek Confession before Holy Communion? My Neighbour: Am I lazy and slow to help others? Do I only serve others when it is convenient, pleasurable, or when I am forced to do so? Have I been attentive to the needs of my neighbour, the needs of my family? My Family: Do I focus more on myself than on the needs of others? Do I spend time with my family? Do I manifest my care and concern for them? Am I forgiving and tolerant of them? Do I scandalize them by a bad or lazy example? Punctuality and Discipline: Do I waste other people’s time by being late? Do I neglect to go to sleep on time and allow my curiosity, gaming or other entertainment to determine my schedule? Do I make good use of my time in service to others, or do I waste time needlessly? E.g. TV or internet? Do I fail to plan good use of relaxation and recreation, knowing that I need to rest well on order to pray and serve others?

**#7 - Gluttony: Gluttony is the inordinate desire for food.**

Am I overweight? Do I eat more than I need? To how serious an extent? Do I spend excessive money on food? Do I drink alcohol excessively? Do I drive after drinking? Do I eat greedily and with little consideration for those at table with me? Do I fail to give money to help the hungry? Do I regularly fast an hour before receiving Holy Communion at Mass?

**HOW TO REALLY GET FORGIVEN IN FIVE STEPS** (This part is easy—Jesus already did 99% of the work!)

BEFORE

* Examine your conscience. Ask the Holy Spirit to help you get down to the root of your sins (look not only at “what you did’ the but also the “why you did”). Two main questions you might want to ask: What do you think is the main thing that is holding you back from deeper surrender to the Lord? Is there anything you have never confessed that you would like to confess in order to be free from guilt?
* Pray for the confessor that he might enlighten you and guide you to Christ
* You can also read a bible passage about forgiveness so you can see confession as an encounter with Christ.
* Ask for the gift of true contrition: sorrow for your sins (because they make you sick and hurt others but especially because they reject the immense love of your Savior for you).

2.DURING

* Confess all your important sins clearly and concisely. Let this be the first time you claim the courage to confess things you've never recognized or been too embarrassed to say.
* Ask the Lord for a special grace of healing during the prayer of absolution.
* Receive the words of absolution with faith. Remember the priest acts in the name of Christ, *in persona Christi capita*.

3.AFTER

* Do any penance the priest gives you.
* Give thanks for the gift of forgiveness.
* In addition of fulfilling the penance assigned by the priest remember to do a purpose of amendment. Choose one thing you are going to work to overcome sin and weakness and become more Christ-like till the next confession.

**AN ACT OF CONTRITION** *My God, I am sorry for my sins with all my heart. In choosing to do wrong and in not doing good, I have turned my back on you whom I should love above all things. With your help I shall do penance, sin no more and keep away from all that leads me to sin. Jesus suffered and died for me; in his Name, my God, have mercy.*

**Additional Resources:**

1. BOOK Seven Secrets of Confession by Vinny Flynn
2. TALK Seven Capital Sins by Bishop Barron