

## Examination of Conscience by Art Thomas

**In what areas are you currently struggling?  
Where do you need God's grace?**

### Seven Deadly Sins

1. **Lust**—Intense desire for sexual gratification, fame, or power.
2. **Gluttony**—overeating food or drink
3. **Greed**— the inordinate, selfish, and insatiable desire to acquire or possess more material wealth, power, or status than one needs. This often leads to the exploitation of others, and a lack of generosity.
4. **Sloth or laziness**—physical laziness and spiritual laziness of not coming to church, reading the Bible, or neglecting God's means of grace
5. **Anger**—uncontrolled feelings of rage, hatred, temper outbursts
6. **Envy** --jealousy over what someone else has that you do not have or over someone's talents that you do not have
7. **Pride**--a high or inordinate opinion of one's own dignity, importance, merit, or superiority

**By practicing the corresponding virtue through the power of the Holy Spirit one can overcome the deadly sin.**

<b>Deadly sin</b>	<b>Virtue</b>
Lust	Chastity
Gluttony	Temperance
Greed	Generosity
Sloth	Industry
Anger	Patience
Envy	Kindness
Pride	Humility

### Sins Found in the Ten Commandments

Idolatry  
Worshiping graven images  
Taking God's name in vain  
Not observing the Sabbath  
Dishonoring one's parents  
Killing/Murder  
Committing Adultery  
Stealing  
Bearing false witness/Lying  
Coveting

### Seven Deadly Social Sins (F. Donaldson)

Wealth without work  
Pleasure without conscience  
Knowledge without character  
Commerce without morality  
Science without humanity  
Worship without sacrifice  
Politics without principle

### Other Social Sins

Racism  
Economic and social injustice  
Abuse of power  
Abuse of creation  
Ignoring the needs of the poor, strangers, naked, and hungry  
Violation of human dignity  
Politics of fear, hate, exclusion  
Society without love

### Works of the Flesh (Galatians 5: 19-21)

Immorality/Impurity  
Idolatry/ Witchcraft  
Hatred/ Discord  
Jealousy  
Fits of rage  
Selfish ambition  
Dissensions and factions  
Envy  
Drunkenness/Carousing

### Other Sins

Selfishness, Dishonesty, Resentment  
Hatred, Procrastination, Gossip,  
Slander, Judgmentalism, Manipulation,  
Sexual Abuse  
Verbal and Physical Abuse

## **Spiritual Disciplines/ Spiritual Exercises for Lent and Any Time**

**Edited by Dr. Art Thomas**

Accountability partner  
Bible Study  
Body Prayers  
Breath Prayer  
Care of the Earth  
Celebration  
Centering Prayer  
Chastity  
Community  
Compassion  
Confession/ Self-Examination  
Contemplation  
Control of the Tongue  
Conversational Prayer  
Covenant Group  
Daily Office  
Devotional Reading  
Discernment  
Discipling  
Evangelism  
Examen  
Fasting  
Fellowship  
Fixed-Hour Prayer  
Frugality  
Gratitude  
Holy Communion  
Hospitality  
Inner-Healing Prayer  
Intercessory Prayer  
Jesus Prayer  
Journaling  
Justice  
Labyrinth  
Lectio Divina/ Sacred Reading  
Liturgical Prayer  
Meditation  
Mentoring  
Prayer

Prayer Partners  
Praying with Art and Icons  
Praying Scripture  
Prayer Walking  
Rest  
Retreat  
Rule for Spiritual life  
Sabbath  
Sacrifice  
Secrecy  
Self-Care  
Service  
Silence  
Simplicity  
Small Group  
Solitude  
Spiritual Direction  
Spiritual Friendship  
Stations of the Cross  
Stewardship  
Study  
Submission  
Teachability  
Witness  
Worship

### **Resources about Spiritual Disciplines:**

Calhoun, Adele Ahlberg. *Spiritual Disciplines Handbook.*  
Foster, Richard J. *Celebration of Discipline*  
Jones, Tony. *The Sacred Way: Spiritual Practices for Everyday Life.*  
Thompson, Marjorie. *Soul Feast.*  
Willard, Dallas. *The Spirit of Disciplines.*  
Wolpert, Daniel. *Celebrating a Life with God: The Call of Ancient Prayer Practices.*