EXAMINATION OF CONSCIENCE—SLOTH

~ Excerpt from *Bathe Seven Times (A Contemplative Look at the Seven Capital Sins)*
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In General

Do I have an inordinate love of rest and inactivity?

- **Do I omit or neglect my physical, mental, and spiritual duties?**
- **Do I feel sluggishness of mind that prevents me from beginning tasks that I need to do?**
- **Do I feel a repugnance to having to work or put forth any effort?**
- **Do I have a tendency towards idleness?**

Do I feel an oppressive sorrow that weighs me down so that I want to do nothing?

- **Am I moody, discouraged, gloomy, or depressed?**
- **Do I have a distaste for life in general?**

Do I feel a voluntary disgust for spiritual things and the work of sanctification because of all the effort and self-discipline they demand?

Does my sin of sloth manifest itself in busyness, as I attempt to hide and to fill the place that only God can fill with anything else but Him?

How am I glorifying God in my work?

Do I fulfill my duties promptly, carefully, and to the best of my ability?

- **Do I avoid duties that are my job but are tasks that I don't like?**
- **Do I find myself doing other things so that I don't have time to do an unpleasant job?**
- **Do I procrastinate in fulfilling tasks that I know are my responsibility?**

Do I have a tendency towards sloth?

- **Can I recognize any beginnings of sloth manifested in unconcern, carelessness, and negligence?**
- **Is sloth hidden in my life? Have I become accustomed to it?**
- **Do I refuse to put all my effort into what I am doing?**
- **Has my sloth progressed to a dislike for any serious physical and mental labor?**

Do I work at times when I should be praying? Do I pray when I should be working?

- **How can I better glorify God in my work?**

How am I glorifying God in my prayer and spiritual duties?

Where is sloth most prevalent in my spiritual journey?

Am I faithful to my daily prayer, listening to the Lord, and journaling?

- **Do I truly hunger and thirst to hear from the Lord each day?**
- **Do I treasure each word from the Lord and reflect upon them in my heart?**
- **Do I pay close attention to how the Lord is directing me in my prayer and journaling?**
- **Do I become weary and flee from prayer when it seems empty, dry, and mundane?**
- **Do I fill all my prayer time with rote prayers because listening to what the Lord has to say to me and journaling seem like too much work?**
- **Do I allow the silence within me to be cluttered with busyness, stray thoughts, etc.?**

Am I slipping into complacency regarding my sins, skipping my examination of conscience and avoiding the Sacrament of Reconciliation?
Do I avoid searching for meaning in my life, leading me to fear and avoid God's love?
Do I find myself doing things so that I don't have time to pray?
- **Do I hurry through my prayer time in order to get it over with?**
- **Do I become easily distracted in prayer?**
- **What steps have I taken to ensure that I stay attentive to the Lord?**

Am I wearied and disgusted by all the work and effort the spiritual journey takes?
- **Does this cause me to omit my spiritual duties or to perform them negligently?**
- **Do I resent the time that my prayer and spiritual duties take up?**
- **Am I mediocre and lazy in my prayer and spiritual study habits, doing just enough to get by?**

How am I glorifying God through my participation in Community and Family Life?

How does my weakness in this area of sloth affect my family and community?
- **Does my slothful and careless attitude hinder and hold others back on their journey?**
- **Where does my community or family need me to put forth more effort and zeal?**

Do I live at the expense of others?
- **Do I grumble or complain when things are not comfortable for me?**

How am I responsible for unity in my community and family?
- **Do I participate fully in communal or family prayer? Am I giving it my all?**
- **What is my attitude regarding communal and family prayer?**
- **Do I obey promptly, cheerfully, and with my whole heart, mind, and soul?**

How does my recreation glorify the Lord?

The Call to Perfection

Am I actively seeking perfection? If so, how?
- **Am I half-hearted and tepid in my love and service of God?**
- **Am I comfortable being average with no real desire to improve or correct my faults?**
- **How does sloth cause me to not welcome or cooperate with purification in my life?**
- **How do I resist correcting my faults?**
- **How am I actively working to raise my standards to become more like Jesus?**
- **What is robbing me of my appetite and interest in God?**

Is there a sin area in my life that I am not ready to give up yet?
Does my sin of sloth cause me so much sorrow that I turn to worldly goods and pleasures of the body (lust) to provide gratification rather than God alone?
How do I resist the temptation to sloth in my spiritual journey?
- **What acts of mortification do I practice in my life, and what is my attitude about them?**

How has my intimacy with the Lord grown over the past 6 months?
How often throughout the day do I turn my heart towards the Lord?

The Ministry of Intercession

Does this ministry of intercession and carrying the Cross seem like too much of a bother?

Do I complain when I don't feel pleasure and gratification or when I don't receive thanks?

Do I respond to this call to be an intercessor half-heartedly?

Where am I growing lax, lukewarm, and losing my enthusiasm and zeal in living this lifestyle of intercession flowing from Baptism?