As with any examination of conscience,
begin by recalling God's tremendous love and mercy for you.
Place yourself in the Lord's presence and allow Him
to fill you with His deep love for you.
Rest yourself upon His Sacred Heart and be at peace.

EXAMINATION OF CONSCIENCE—AVARICE

~Excerpt from *Bathe Seven Times (A Contemplative Look at the Seven Capital Sins)*
by M. Nadine Brown

Daily Life

Do I have an inordinate love and desire to possess and hoard things such as money, knowledge, time, or talent?

In what areas of my life have I become overly materialistic?

Has this materialism and desire to possess caused harm to myself, my family, or community?

What things do I desire which I cannot have?

Do I look to my possessions and bank account for security?

Do I feel fearful when my self-sufficiency is threatened?

St. Paul said, "The love of money is the root of all evil" (1Tm 6:10). Do I believe this?

Do I have an inordinate need to possess?

Has my excessive desire to possess and accumulate riches ever led me to lying, fraud, restlessness, hard-heartedness, or violence?

Where is my selfishness and self-centeredness robbing my family and community of resources?

How does my excessive desire to accumulate affect my willingness to share with those less fortunate than myself?

In what ways do I display a true spirit of generosity?

In what ways do I need to be more generous?

Where do I see that my love for money is leading me away from the Lord?

Do I have a false attachment to home, amusements, books, furniture, or precious things?

First Commandment: "I am the Lord your God; you shall not have strange gods before me."

On what occasions do I adore and make money and earthly possessions my god?

Do I experience a normal, healthy use of things as a means to live a comfortable life, or have these things become the ends?

In what cases do I "worship" the created good rather than the Creator?

Do I experience more satisfaction in possessing things than in the things themselves?

Do I run the risk of having my passion to possess things take over and possess me instead?

On what occasions do I sacrifice everything (my family, time, and energies) in order to possess and accumulate additional wealth?

What can I do in order to get a proper balance between providing for my family and trusting in the Lord to provide?

Do I hoard because I do not trust that God will provide?

Tenth Commandment: "You shall not covet your neighbor's goods."

Do I desire to amass worldly goods without limit?

Do I feel more powerful as my net worth increases?

Do I always want more than I need?

What are the areas of attachment where I still do not let the Father have control?

How does seeing what others have that I do not have but want, hinder me from living simply?

In My Spiritual Life

How grateful am I?

Is the Lord my only wealth?

Do I cling to my good works in an effort to earn heaven?

In what ways do I seek first God's kingship and His way of holiness?

What is preventing me from embracing the Cross with both hands?

In what ways do I run from mortification and spiritual poverty?

When do I have difficulty saying, "Into Your hands I commend my spirit"?

Am I truly generous in giving my life to the Lord?

In what areas am I greedy with my life?

Do I generously allow this battle for souls to rage within myself and my family?

In what ways have I experienced, "Yet I live, no longer I, but Christ lives in me" (Gal 2:20).

Where do I need to depend more on God and less on things?

Where is this dependence on God most frightening and difficult for me?

Where do I have difficulty keeping my eyes focused on Jesus?

Am I willing to let go of all my good actions and works?

Have I become so attached to spiritual consolations that I become unhappy when no longer receiving them?

Am I attached to religious practices, devotions, rituals, sacramentals, and religious articles?

Promise of Poverty

Is my promise of poverty a cause for joy in my life?

- **Where do I experience joy in my promise of poverty?**
- **What can I do to become more detached interiorly?**
- **Where is this not a whole-hearted gift?**

Where do I experience joy in doing without?

Where has the Lord been pointing out that I need to be more detached from material goods?

Community / Family Life

How do I show my respect for the things that are intended for common use?

- **Do I take more than what is my fair share?**
- **Do I have a sense of ownership of communal property?**

Am I possessive of my things?

In what ways do I readily share my goods, time, love, and talent?

Do my actions or lack of action cause another to fall into the sin of avarice?

Consider one or two areas where you struggle with avarice the most. Does there seem to be a common thread or reason why you struggle in these areas? Journal any insights and feelings with the Lord. Listen for His words of love, wisdom and counsel. Take time to ponder and journal, "What profit would there be for one to gain the whole world and forfeit his life?" (Mt 16:26)