

**ROOT TEMPTATION:  
PRIDE OF LIFE**

*The disordered desire to base my security, self-esteem, and/or spiritual state on MYSELF.*

**WRATH ~ Internal hurt that feeds pain in both self and others.**

Cursing and/or taking God's name in vain.  
Unjust anger; Entertaining thoughts or perpetrating acts of revenge; Acts of violence in word or deed towards self or others.  
Judging others with criticism; Rejoicing in the failure of others; Refusing to forgive/holding grudges. Taking offense easily; self-pity; victim mentality. Disobedience; Unwillingness to serve; Inflexibility.

**CONTROL/LACK OF TRUST ~ Trying to control all; believing no one else can do it right.**

Impatience with others, Annoyed or irritated if I am not considered/consulted; Perfectionism.  
Self-reliance (unwillingness to ask or accept help); Not making Sunday a day of rest.  
Use of palm reading, horoscopes, Ouija boards, etc.  
Medical techniques to achieve or avoid pregnancy that dissociate procreation from sex (IVF/ Sterilization).

**ARROGANCE ~ Elevated opinion of myself.**

Overly opinionated or indifferent to others and their desires;  
Not allowing anyone to contradict or challenge me.  
Refusing to assent unless every detail is explained.  
Belief that my agenda, my ideas, opinions, experiences, or interests take priority.  
Rebelling against or not participating in what I do not like.

*"For God so loved the world that He gave his only Son, so that everyone who believes in Him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through Him." John 3:16-17*

**ROOT TEMPTATION:  
SENSUALITY**

*A disordered desire for the physical pleasure of THINGS and FEELINGS.*

**SLOTH ~ Tendency to wander, laziness, not making time for what is truly important.**

My daily activities lack proper order and prioritization; Failure to keep my word/promises; Late or absent from work excessively.  
Avoidance of Prayer; Avoidance of Sunday Mass; Not supporting the Church with my time or talent.  
Ignoring my spouse, children, or others I am called to care for; Avoidance of duties necessary to my vocation.  
Avoidance in taking proper care of my body (proper exercise, medical care, sleep, water, etc.)  
Always seeking out the most comfortable, the least effort, or the easiest; Excessive time on screens.

**GLUTTONY ~ Excessive focus on food & substances.**

Eating too much; Eating at an improper time; Eating too eagerly; Eating too expensively; Eating too little.  
Eating only what I like and rejecting other food items even when it hurts another or wastes food.  
Drinking to the point of excess; Drug abuse.

**LUST ~ The disordered desire of looking at people as objects to be used for sexual pleasure.**

Entertaining thoughts of sex; Illicit reading or viewing of sexual content; Masturbation.  
Sex outside of the union of marriage.  
Sex within marriage without unity and openness life (artificial contraception).

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# Examen & Encounter

*Take a step back and see with new vision the gifts and beauty of your unique design. Through the lens of God's love, we invite you to ~*

*Discover a deeper encounter with our Lord . . .  
Recognize temptations . . .*

*And claim the grace and freedom of the Cross in the Sacrament of Reconciliation.*

Welcome to your Examen and Encounter. Begin this journey by asking the Holy Spirit to be fully present. He will guide you through this examen so that you may find a deeper encounter with our Lord. *Come, Holy Spirit, Come.*

God gives us the gifts of His Transcendentals ~ His fingerprints in this world. Through these gifts we sense His presence and are led to Him.

## 1 Claim

All the Transcendentals may move you, but one more than the others. Identify and claim your Transcendental from the listed examples below:

**Goodness** ~ Caring for the homeless, grieving, sick, hungry, etc.

**Truth** ~ Eucharist is the real Body of Jesus (John 6); Scripture/Bible is Word of God, etc.

**Beauty** ~ Music, liturgy, sunset, art, ocean, architecture, design, etc.

## My Transcendental

Each Transcendental has a correlating Temptation. The enemy tempts us most strongly in our transcendental, because he tries to block us EXACTLY where God created us to sense and connect to the Divine.

### Goodness

Desiring the EXCESS of *goods* or excessive desire that others think *good* of me (materialism/vanity)  
Root Temptation: Lust of the Eyes

### Truth

To need to know ALL the *truths* and never be wrong (ego)  
Root Temptation: Pride of Life

### Beauty

Desiring an EXCESS of *beauty* and comfort (physical pleasure)  
Root Temptation: Sensuality

When we see clearly WHY the enemy tempts us here, it is easier to make a stronger resolution and resist future temptations.

## My Root Temptation

Write your Root Temptation that corresponds to your Transcendental.

## 2 Examine

Ask the Holy Spirit to guide you as you read through the sins connected with your Root Temptation in this pamphlet. Repeat this process with the other two Temptations. You may desire to use a separate piece of paper to take notes.

Sometimes we feel sorrow for our sins, but sometimes we do not. We ask the Lord for the grace of sorrow and the grace to avoid these sins in the future.

## 3 Ask for the Grace of Sorrow

## 4 Confession

Entering the confessional, you may choose to sit face-to-face with the priest or behind the screen to stay anonymous. Begin with the Sign of the Cross and speak the words:

*"Bless me, father, for I have sinned. It has been this amount of time since my last confession."*

Speak the sins aloud that you identified in Step Two. If it is a grave matter, include frequency. You are NOT your sins; you are a beloved child of God. No story, buffer, or excuses are needed:

**Be Brief ~ Be Bold ~ Be Gone.**

## 5 Absolution & Penance

The priest may have a word of knowledge to share. Then he will assign you penance and ask you to pray to the Act of Contrition. You will speak aloud:

## ACT OF CONTRITION

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.*

Receive absolution and make the Sign of the Cross as the priest says, "*... in the name of the Father, and of the Son, and of the Holy Spirit.*"

Thank the priest, leave the confessional, and complete the penance he assigns you.

St. John the Beloved is the first one to name the Root Temptations (1 John 2:16) and other saints have built upon that knowledge. Use these Root Temptations and sins as a guide to assist you in Step Two.

### ROOT TEMPTATION: LUST OF THE EYES

*The disordered desire of pleasure towards my Possessions or my Reputation.*

### VANITY ~ Desiring approval at the cost of truth.

Not speaking up or defending truth; Avoiding conflict that is necessary in the life of a Christian. Lying or stretching truth to look better or to create division; Gossiping.

Taking credit for another's work or ideas. Dressing immodestly (seeking attention).

### ENVY ~ Belief that God's arrangement of creation is wrong and viewing of the gifts and goods of others as an insult or a threat.

Feeling sorrow at the sight of another's goods, talents, or spouse, and a disordered desire to have them for oneself.

Taking pleasure or satisfaction when others experience evil or suffering. Comparing my gifts to those of others.

### GREED ~ The misuse of goods fueled by selfish desire to keep acquiring more.

Stealing; Lack of charity towards those in need; Not financially supporting my Church. Workaholism.

Always desiring and/or purchasing the newest item. Hoarding; Excess attachment to personal possessions. Needing things to feel good about myself; Excessive spending or worrying about finances; Excessive time shopping.