

*Take a moment and quiet yourself in the presence of the Father.
Rest your heart on His heart and drink deeply of His love for you.
Pray for a deeper hunger and thirst for the Lord.
Draw your strength from the Lord and His mighty power.*



EXAMINATION OF CONSCIENCE—GLUTTONY

Personal habits

- Do I have an excessive love for food or drink?
- Am I excessive in what, when, how, or how much I eat?
 - Do I have a tendency to eat any food or drink any beverage in excess?
 - Do I experience extreme, but harmful, pleasure from indulging the desires of my flesh?
- Do I have a tendency to eat less than what is needed to maintain a healthy body?
 - Does my concern or excessive worry about my body-size cause me to be undernourished?
- Do I have a tendency to eat more than is necessary to maintain a healthy body?
- Am I excessive in what, when, how, or how much I drink?
 - Has my drinking recently led to an impairment of right reason?
 - Has my eating or drinking led to or aggravated health problems?
- Am I a fussy eater, demanding perfectly prepared or only certain kinds of foods?
 - Do I call attention to my likes and dislikes?
- Do I feel an emptiness deep inside me that I attempt to fill with food, drink, drugs, etc.?
 - Do I have a serious problem that needs to be addressed by a professional?
 - What is stopping me from seeking help?
- In what way does my eating reflect the virtue of temperance? of prudence?
- In what way does my drinking reflect the virtue of temperance? of prudence?

Penance and Self-denial

- Do I practice self-denial?
 - When I fast or do penance am I doing what I want to do or what the Lord has asked me to do?
- Do I have the approval of my spiritual director for all my penance, fasting, and mortification?
 - Do I add to or change the penances that are approved of by my spiritual director?
 - Does the pleasure I experience in my penances cause me to conceal them from my director?
- When I practice mortification, do I make it a habit of comparing my offering to that of another person?
 - Do I feel a desire to congratulate myself for my penance, fasting, and mortification?
 - Do I feel a need to judge or condemn the one with whom I am comparing my offering against?
- Do I have a difficult time saying no to pleasure?

Prayer Life

- Who or what do I hunger and thirst for?
- Do I have an excessive desire to experience consolations and spiritual highs?
 - Do I seek consolation more than I seek God?
 - Is my heart just as happy to be in desolation as it is to be in consolation?
 - Do I act like a spoiled child if each prayer time is not a mountaintop experience?
 - Does my seeking spiritual highs tempt me to focus on what I get out of prayer rather than on obedience, spiritual purity, and perfection?

Do I avoid my prayer time, especially my contemplative listening, during times of desolation?
In times of desolation, how am I cooperating and allowing the Lord to strip away all self-satisfaction so that I can grow in humility and faith?
Has my catering to the desires of my flesh led to spiritual dullness and apathy?
Do I hurry through my religious duties to get them over with?

Community / Family Life

Do I have a strong aversion and abhorrence of the Cross?
In what ways do I need to embrace the Cross with *both* hands?
How fervently am I seeking to live the 4 Vows / Promises of the Intercessors of the Lamb of poverty, chastity, obedience, and zeal for souls?
In what ways can I improve my living out the spirit of these vows?
Do I have a tendency to be selfish?
Do I focus on my wants and needs, neglecting the needs of my neighbor?
What do I do to help me remember to think of others first?
Do I indulge the pleasures of my flesh at the expense of my family?
How am I leading my family in the practice of penance?

Consider any areas where you have an openness towards physical and spiritual gluttony. Allow the Holy Spirit to shine His light and show you what He sees. Ask the Lord to show you the reason why you seek consolation in this way, asking for His counsel and guidance. Journal any insights.

Pray for the virtues of temperance and prudence.