

*Put aside all the distractions of the day and
take a moment to place yourself in the presence of the Lord.
Allow His unconditional love for you to envelop you and fill your heart to
overflowing. Take a moment to recall all the blessings and spiritual gifts
that the Father has so generously bestowed upon you.
Remain awhile in this thankfulness and love.*



EXAMINATION OF CONSCIENCE—ENVY

Daily Life

- Do I constantly compare myself to any certain person?
- When do I speak of others in a critical way? Where am I judgmental?
 - Do I treat and judge certain people more harshly than others?
 - Do I see my brother or sister's hard work and effort, or am I critical and judgmental?
 - Do I follow the letter of the law or the spirit of the law?
- In what situations am I tempted towards envy?
- Do I covet anything that belongs to my neighbor?
- Am I jealous of other people's talents? possessions? accomplishments? intelligence? abilities? power?
- When I am tempted to say an uncharitable word, what is the first thing I do?
 - What could I do at this time of temptation to help fortify my resolve to be charitable?
 - Is there something that brings on this temptation?
- Is unforgiveness a root of envy in my life?
 - Do I have difficulty forgiving any particular person's faults?
- Do I experience sadness when I see or think about another's prosperity in worldly goods?
 - Does it make me think less of myself?
- Do I feel joy at another's failure or occasion of reprimand?
 - If so, what am I doing to protect myself from this sin of envy?
- Where does envy cause me not to see and love God's presence in another?
- When another is being complimented, what are my heart feelings?
 - Do I rejoice at the success of others?
 - Is there anyone in particular for whom I have trouble rejoicing at their successes?
 - Do I think less of myself when another is praised?
- Do I perceive my cup as half-empty or half-full?
- Does my envy ever lead me to wishing harm to another person or situation?
- Is my inclination towards envy leading me into the sin of hate in any situation?

Prayer Life

- Do I truly see my spiritual gifts as pure gift from God?
 - Am I thankful for my abilities *and* shortcomings, consolations *and* desolations?
- Who do I measure myself against? Is Jesus my standard or is it another person?
- Do I feel sad when I see or think of another's high degree of holiness, prayerfulness, and virtue?
 - Am I envious when another's consolations and spiritual progression seem to be faster than mine? Where are these feelings leading me?
- When do I experience a holy envy that spurs me to try harder in my spiritual life?
 - How am I using this holy envy to draw me closer into transforming union?
- Where do I need to trust more fully?

Do I think that God has been “fair” to me?
How does envy destroy the silence within me?
What can I do to restore the silence?

Community / Family Life

Is my attitude of envy holding another back from progressing in their spiritual life?
Is my attitude of envy preventing unity within my community / family?
How are my feelings of envy harming my community / family? How are they harming myself?
Where do I need to rejoice in another’s goodness or holiness?
Am I jealous of another’s degree of holiness?
Do I purposely hold another back from holiness so they don’t get ahead of me or so I don’t seem so bad?
Do I feel threatened when others seem to pass me spiritually?
Is the envy of another whom I perceive as more holy than myself a holy envy or is it sinful?
In what situations do I find delight in a community or family members holiness or successes?
Is there an area of uncharitableness that is hidden from others’ view that exists within me and is harming my community / family?
Do I show a preference for certain individuals and purposely ignore others?
How do I show that I am my brother’s keeper?
Do I encourage community / family members in their area of work? Do I compliment those others, including those whom I may be envious of?
Do I use my gifts, talents, abilities, etc. in such a way to make others envious?

Virtues

Where is my charity becoming habitual?
How am I striving to be more humble?
Am I grateful for the many gifts the Father has so generously bestowed upon me?
How does my gratitude overflow and bring life into all my relationships?
Where do I need to be more grateful?
What can I do to develop and nurture an attitude of gratitude?
Where is my love too small?

Review the patterns in your life where you are susceptible to the sin of envy. Journal with the Lord about what you are envious of and the reasons why. Allow Him to show you what He sees and the root cause of your envy.

Now reflect on the many blessings the Lord has so generously bestowed upon you. Pause to look at your life with a deep realization that all you have and possess is pure gift from the Lord. Journal these feelings and insights.

In the Lord’s presence, compare the things you are envious of with the blessings that you have received from the Lord. Invite the Lord to be with you as you look at both sides. Journal.

Close this prayer experience resting your heart upon the Father’s heart and letting Him fill you with His love.