

‘The Seven Daily Sins’

ANXIETY – is often a sign that we don’t trust God enough.
If everything depends on me, then I’ll be anxious about
the result of what I’m doing.

SUCCESS AT ALL COSTS – The desire to succeed come what may, is a
besetting attitude for many of us. My need to prove myself, to be accepted and to succeed leads me to
domination, manipulation of others, competitiveness,
lying, pride and deviousness.

NEGLECTING THE BODY – through overeating, over
drinking, insufficient exercise or sleep, or untidy life style, are all ways of failing to reverence the body
we have been given (The temple of the Spirit).

INDIFFERENCE TO OTHERS – Is a daily sin for us all. At home, at work, in school, each day we
glide past each other in any way. Why?

THE TROUBLESOME TONGUE – We could use it so easily to build up, but in fact we use it more
often to destroy. How often each day do I use it to criticize, blame, slander, ridicule swear or speak
obscenely?

TOO BUSY FOR GOD – Does God get much of a look in our daily activities – or are we waiting for
retirement when we’ll be able to have more time for that sort of thing! Can we at least give time for
Sunday Mass?

EARNING ME SALVATION – Perhaps secretly I think that I can gain salvation by my efforts alone.
May I think that if I do all these “things” then God will OWE ME. Shouldn’t we show gratitude to
God?