

Examen

A guided examination of consciousness related to gluttony

Spend a few moments in silence...

Become aware of God's presence...

Think back over the day:

- Think about the people you encountered and your interactions with them.
- What did you work on today?
- What were your primary emotions today?
 - When were you anxious today?
 - When did you feel fear or tension or frustration in your spirit today?

Reflect for a moment on the following definitions of gluttony:

“Gluttony is not so much overeating as it is fixation to secure excess provisions for the future, a lack of trust in Providence.” - David Fagerberg

“Gluttons want to be in charge of defining their own happiness in pleasure, with its attainment firmly under their own control.” - Rebecca Konyndyk DeYoung

Gluttony at its core is about disordered / distorted pleasure: excessive, immediate, socially-destructive, spirit-deadening, discipline-weakening pleasure.

Think about your bodily desires, especially your appetites, and the ways you handled them today.

- Were you dominated by your appetite at any point? When did you feel out of control?
- What did you eat today? What did you drink?
- Who did you eat your meals with? Were you aware of the social dimension of your eating?
- In what ways did you struggle with the various forms of gluttony? Eating...
 - *Fastidiously* - too daintily... too much focus on delicacy
 - *Ravenously* - too greedily (either in order to get more in before others or in order to shove more in before your senses tell you can't eat anymore)
 - *Excessively* - eating too much / overeating
 - *Sumptuously* - eating overly rich and filling foods (typically meat / dairy)
 - *Hastily* - too fast... animal-like
- Did you remember to offer thanksgiving for what you ate and drank today?

Offer a prayer of confession:

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

End your time of reflection by offering thanksgiving for all that God brings to mind.