

ROOT TEMPTATIONS & SINS

"For all that is in the world, sensual lust, enticement for the eyes, and a pretentious life, is not from the Father but is from the world."

1 John 2:16

VANITY ~ Desiring approval at the cost of truth.

Not speaking up or defending truth; Avoiding conflict that is necessary. Lying or embellishing stories; Gossiping; Creating division; Failing to honor confidence entrusted to me; Damaging another's reputation through lies or accusations; Breaking my word; Taking credit for another's work or ideas.

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

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

Stealing/cheating or advising another in this way; 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; Excessive spending or worrying about finances; Excessive time shopping.

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; Refusing to apologize; Holding grudges. Rejoicing in the failure of others; Disobedience; Unwillingness to serve; Inflexibility.

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

Impatience with others; Annoyed or irritated if I am not consulted; Perfectionism; Judging others with criticism; Self-reliance (unwillingness to ask or accept help). Willingly missing Mass on Sunday and/or Holy Days; Not honoring Sunday as a day of rest; Refusing to fast/abstain from food during obligated times/days. Withholding marital intimacy from spouse as punishment or manipulation. Use of palm reading, horoscopes, Ouija boards, etc. Medical techniques to achieve or avoid pregnancy that dissociate procreation from sex (IVF/Sterilization); Supporting, advising or participating in abortion or Euthanasia.

ARROGANCE ~ Elevated opinion of myself.

Overly opinionated or indifferent to others and their desires; Not allowing anyone to contradict or challenge me; Belief that my agenda, ideas, opinions, experiences, or interests take priority. Rebelling against or not participating in what I do not like; Perceiving inconveniences as a personal insult; taking offense easily; Self-Pity.

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

My daily activities lack proper order and prioritization; Late or absent from commitments excessively; Avoidance of Prayer & Sacraments; Not supporting the Church with my time or talent; excessive time on screens; Driving distractedly. Ignoring my spouse, children, or others I am called to care for; Avoidance of duties necessary to my vocation; Always seeking out the most comfortable, or the easiest. Avoidance in taking proper care of my body (exercise, medical care, sleep, etc.)

GLUTTONY ~ Excessive focus on food & substances.

Eating too much; Eating at an improper time; too eagerly; too expensively; too little. Eating only what I like and rejecting other food even when it hurts a person. Drinking to the point of excess; Abusing illegal or prescription drugs.

LUST ~ Looking at people as objects to be used for pleasure.

Dressing immodestly; Entertaining thoughts of sex; Illicit reading or viewing of sexual content; Masturbation; Flirting with another person who is not my spouse; Sex outside of the union of marriage. Sex within marriage without unity and openness life (artificial contraception).

Temptation: Lust of the Eyes

Temptation: Pride of Life

Temptation: Sensuality

COMMON SPIRITS OF THE ENEMY

- Scarcity
- Jealousy
- Addiction
- Fear of Conflict
- Fear of missing out
- Unworthiness
- Comparison
- Greed
- Selfishness
- Anxiety
- Obsessive Thoughts
- Hoarding
- Self-Pity
- Discouragement
- Workaholism
- Self-reliance
- Doubt

- Rage
- Anger; Hatred
- Pride
- Unforgiveness
- Control
- Self-reliance
- Occult
- Judgement
- Perfectionism
- Paranoia
- Resentment
- Bitterness
- Revenge; Violence
- Retaliation
- Doubt
- Fear of Failure
- Criticism
- Accusation
- Rejection
- Fear of Powerlessness
- Exhaustion

- Escapism
- Hopelessness
- Depression
- Despair
- Gluttony
- Sloth
- Lust; Masturbation
- Pornography
- Addiction
- Avoidance; Isolation
- Fear of Suffering
- Scarcity
- Laziness; Shame
- Unworthiness
- Self-hatred
- Procrastination

COMMON LIES OF THE ENEMY

- *I must please everyone - What I want doesn't matter - If I say/do the right thing, everyone will be happy.*
- *I'll never amount to anything - I'm a fraud - it is always my fault.*
- *Something's wrong with me.*
- *I'm ugly - I'm unworthy- I'm nothing.*
- *I am a terrible parent/spouse.*
- *God's blessing is for everyone but me.*
- *I am a victim - Bad things always happen to me.*
- *If they knew the real me, they would reject me.*
- *Everyone else has it better, easier, more fun, more money . . . than me.*
- *I do not have a voice - I am invisible.*

- *I have to do it all myself - No one will help me - I cannot depend on anyone.*
- *I have to get it right - I have to be perfect/the best.*
- *Showing emotion means I'm weak.*
- *No one else can do it right.*
- *God's mercy is for everyone else.*
- *God is punishing me.*
- *God is NOT in control - I've destroyed God's plan for my life - God cannot forgive me.*
- *I can fix those I love.*
- *I have to earn God's love.*
- *God has abandoned me - God has rejected me -God is not protecting me ~ God is NOT good.*
- *Nothing is ever good enough.*
- *Satan is stronger than God.*

- *I'm stupid ~ I'm bad ~ I'm dirty ~ I'm shameful ~ I'm sick ~ I'm fat.*
- *Not even God can help me.*
- *I am a burden.*
- *No one needs me ~ I am unimportant.*
- *God could never love me ~ I am not loveable ~ I deserve to suffer.*
- *I'm never going to get any better.*
- *I have no reason to live.*
- *God has abandoned me.*
- *I'm worthless ~ I'm lazy ~ I'm no good.*
- *It's hopeless ~ I can never change.*
- *It will always be THIS hard.*
- *I am a bad parent/spouse.*

PULL THE WEEDS

PERSONAL DELIVERANCE

Personal Deliverance is finding healing and freedom through the name of Jesus. It allows us to walk in our authority as a beloved child of God. This prayer is not a replacement for the Sacrament of Reconciliation but is especially powerful after receiving this Sacrament.

POWER OF OUR WORDS & NAME OF JESUS

"And God said, 'Let there be light and there was light.'" Genesis 1:3

When God created the world, He spoke everything into existence. We are created in God's image and likeness. So, when we speak, our words have power as well. However, speaking in the name of Jesus has Divine Power. Jesus confirms this when He says,

"Truly, truly, I tell you, whoever believes in Me will also do the works that I am doing. He will do even greater things than these, because I am going to the Father . . . If you ask Me for anything in My name, I will do it." John 14:12-14

PULLING WEEDS: RENOUNCE, REMOVE, RECEIVE

God desires us to recognize spirits and lies of the enemy that are weighing us down. We first examine the lies and spirits associated with our Root Temptation, and then we examine the other two Temptations. We circle anything that is stealing our peace and joy. Then we follow these steps to find freedom. Demons cannot read minds. We speak aloud in the name of Jesus:

RENOUNCE:



In the name of Jesus, I renounce the spirit of _____ (speak all circled spirits).

In the name of Jesus, I renounce the lie that _____ (speak all circled lies).

REMOVE:



Jesus, please remove these lies, these spirits, and any related spirits.

RECEIVE:



Father, please bless me. Please fill me with your peace, love, joy, and hope.

FORGIVENESS

Lack of forgiveness is one of the largest openings for the enemy. God desires our healing here. This is not a replacement for the Sacrament of Reconciliation, but is especially powerful after receiving this Sacrament. We speak aloud in the name of Jesus.

FORGIVENESS OVER MYSELF:

In the name of Jesus, I repent of, and I forgive myself for (speak specific sin).

FORGIVENESS OVER OTHERS:

In the name of Jesus, I forgive (this person) for (this specific injury).

SEEDS TO STRENGTHEN AND FREE US

We strengthen our souls by sowing seeds of grace. Many deeper explanations of these ideas can be found on our website. Follow QR code:



- **Gratitude Journal**
- **Reduce/Eliminate Social Media**
- **Consecration to St. Joseph**
- **Litany of the Holy Spirit ~ Litany of the Sacred Heart**
- **Rosary: Luminous Mysteries ~ Joyful Mysteries**
- **Increase donation of time, treasure, or talent**
- **Embrace Sacramentals: Scapular, Holy Water in home, Blessed Salt, Miraculous Medal**
- **Increase frequency of Sacrament of Reconciliation, Holy Communion, & Eucharistic Adoration**
- **Research the lives of these saints and call upon them:**
St. Francis and St. Clare of Assisi, St. Aloysius Gonzaga, St. Elizabeth Ann Seton, St. Francis Xavier, St. Katharine Drexel, St. Teresa of Calcutta, St. Elizabeth of Hungary, St. Marianne Cope, St. Damien Molokai

- **Praying in the Courts of Heaven**
- **Litany of Humility ~ Litany of the Blessed Virgin Mary ~ Litany of the Holy Name of Jesus**
- **Reduce time spent watching/reading the news**
- **Consecration to the Blessed Mother**
- **Scripture: Lectio Divina**
- **Bible in a Year Podcast**
- **Catechism in a Year Podcast**
- **Seven Sorrows Rosary**
- **Surrender Novena**
- **Embrace Sacramentals: Scapular, Holy Water in home, Blessed Salt, Miraculous Medal**
- **Increase frequency of Sacrament of Reconciliation, Holy Communion, & Eucharistic Adoration**
- **Research the lives of these saints and call upon them:**
St. Padre Pio, St. Therese Lisieux, St. Faustina, St. Maria Goretti, St. Catherine of Siena, St. Joan of Arc, St. Gianna Molla, St. Bernadette, St. Rita Cascia, St. Kateri Tekakwitha, St. Josephine Bakhita

- **Fasting: Abstaining from food or other pleasures**
- **Go outside to walk and pray**
- **Way of the Cross ~ Divine Mercy Chaplet**
- **Litany of the Most Precious Blood, Litany of St. Joseph**
- **Rosary: Sorrowful Mysteries ~ Glorious Mysteries**
- **Novena: Mary Undoer of Knots**
- **Pray with Art: Visio Divina**
- **Sing with Praise and Worship Music**
- **Embrace Sacramentals: Scapular, Holy Water in home, Blessed Salt, Miraculous Medal**
- **Increase frequency of Sacrament of Reconciliation, Holy Communion, & Eucharistic Adoration**
- **Research the lives of these saints and call upon them:**
St. Mary of Egypt, St. Augustine, St. Mary Magdalene, St. Michael the Archangel, St. Benedict, St. Philomena, St. Hildegard, St. Cecilia, St. Agatha, St. Lucy

SCRIPTURE TO SHIELD AND FREE US

Jesus rebuked the three Temptations in the desert by quoting Scripture. An early Church Father, Evagrius of Pontus (345-399 AD), recognized this power and believed we too should be using God's Word to combat temptations. The verses below are a few examples that he recommends.

- "Do not let your hearts be troubled. Have faith in God, have faith also in me."* John 14:1
- "Be doers of the Word, and not hearers only, deceiving yourselves."* James 1:22
- "No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth."* Matthew 6:24
- "Keep your lives free from the love of money, and be content with what you have; for He has said, 'I will never leave you or forsake you.'"* Hebrews 13:5
- "The earth is the Lord's and everything in it, the world, and all who live in it."* Psalm 24:1

- "Cease from anger, and forsake wrath; do not be anxious, so that you do evil. For the evildoers shall be destroyed, but those who wait for the Lord, they shall inherit the earth."* Psalm 36:8-9
- "See that none of you repays evil for evil, but always seek to do good to one another and to all."* 1 Thessalonians 5:15
- "Whoever wants to be first must be last of all and servant of all."* Mark 9:35
- "It was not I, but the grace of God that is with me."* 1 Corinthians 15:10
- "Be patient in suffering, persevere in prayer."* Romans 12:12
- "Let the one who boasts, boast in the Lord. For it is not the one who commends himself that is approved, but the one whom the Lord commends."* 2 Corinthians 10:17-18

- "Make no provision for the flesh, to gratify its desires."* Romans 13:14
- "Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it."* Hebrews 12:11
- "For he has graciously granted you the privilege not only of believing in Christ, but of suffering for Him as well - since you are having the same struggle."* Philippians 1:29-30

- "Be strong and courageous; do not be cowardly or afraid. For the Lord your God is with you wherever you may go."* Joshua 1:9



SHEPHERD OUR SOUL

(SOS)

The companion guide to the
KB Examen and Encounter.

We recognize our main Transcendental and our Root Temptation, and we use that as a guide to shepherd the garden of our soul.

We weed in the name of Jesus, we sow seeds through prayer and the sacraments, and we shield with the power of God's Word.



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