## Vainglory Examen

\* Required

A guided meditation on the ways vainglory showed up in your day. Consider the following questions in light of the last day/ half-day.

1.	Email addı	ress *										
2.	I looked for life, or to vetc. *			•	-	· ·	•		•			•
	Mark only o	ne oval.										
		1	2	3	4	5	6	7	8	9	10	
	Not at All											Often
3.	I tried to n my knowle look small	edge or	ideas	, or by	"powe	ring up	" on a	•	•		•	
	Mark only o	ne oval.										
		1	2	3	4	5	6	7	8	9	10	
	Not at All											Often

4.	I felt the d	esire (	or suc	cumbe	d to th	e desir	e) to fl	atter a	perso	n/ grou	p today	·? *
	Mark onl	y one	e oval.									
	Yes No											
_	Lucad burn	or to c	dov to	tru to c	ound a	alovor		vy otto	ntion t	0 100/100	I£ *	
5.	l used hum	וטו נטנ	lay to	try to s	souria (	siever a	aria ara	aw alle	TILIOTI L	o myse	11.	
	Mark only o	ne oval										
		1	2	3	4	5	6	7	8	9	10	
	Not at All											Often
6.	When I cho people wo	uld no	tice so	_		_	_	eady fo	or the d	lay, I wa	as hopir	ng
		1	2	3	4	5	6	7	8	9	10	
	Definitely											Not at all
7.	Today I sou			a qual	ity, app	earand	ce or a	ction th	nat I fal	ked hav	ving. *	
		1	2	3	4	5	6	7	8	9	10	
	Not at all											Often

8.	Today I so eternal sc				ty, appe	earanc	e or ac	ction th	at isn't	worth	much i	n the
	Mark only o	ne oval.										
		1	2	3	4	5	6	7	8	9	10	
	Not at all											Often
9.	Today I so		-	-							-	
	unethical,			that ga	arners v	/aluabl	e socia	al accep	otance	for me	. *	
	Mark only o	ne oval.										
		1	2	3	4	5	6	7	8	9	10	
	Not at all											Often
10.	Today I s	_	_		_							
	have use his gifts			my o	wn repu	itation	Witho	ut snow	ing gr	atitude	to Go	a tor
	Mark only											
		1	2	3	4	5	6	7	8	9	10	
	Not at al											Often

Mark only	one oval per row.								
	Pride-based vainglory (the need to display my goodness)	Fear-based vainglory (the need to cover up my defects)	Neithe						
Row 1									
Silence is one antidote to vainglory. It might include avoiding sharing our opinions, fasting from social media, or focusing on listening more to others. In what ways might I practice the discipline of silence in order to combat the presence of vainglory in my life? *									
primarily present t	learning to be present to God a o/ imagining others as your audi o God as my audience in order t	er antidote to vainglory. In this se s your audience, rather than bei ence. In what ways might I be m to combat the presence of vaing	ng ore						
,									

Gratitude is another antidote to vainglory. Gratitude and thanksgiving allow us to see ourselves, our abilities, and others and their abilities, as gifts originating in the goodness of God. In what ways might I practice gratitude and thanksgiving to combat the presence of vainglory in my life? *							
Loving ourselves for God's sake is a final antidote to vainglory. When taken to an extreme, attempts to move away from vainglory can lead to self-hatred. Reacting against our tendency to think too much of ourselves, we end up thinking too little of ourselves. In what ways might I practice genuine self-love this week in order to combat the self-hatred that could occur as I root out vainglory from my life? *							
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16.	At the root of vainglory and our attempts to avoid it is our view of self and our self-worth. Instrumental worth means I am valued for what I do, how I contribute, or how I measure up in almost any category compared to others. Intrinsic worth means I am valued simply because I am me. In and of myself I have value. How might I learn to see my worth as rooted in intrinsic rather than instrumental categories? *
17.	Vainglory might be described as fishing for a five star rating from the people around us while forgetting the five star rating already given us by the God who made us. What might I do today to remind myself how God truly feels about me? *

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