







11. Over the course of the last day/ half-day I experienced which type of vainglory? \*

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)	Neither
Row 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. 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? \*

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13. Practicing the Presence of God is another antidote to vainglory. In this sense, it is primarily learning to be present to God as your audience, rather than being present to/ imagining others as your audience. In what ways might I be more present to God as my audience in order to combat the presence of vainglory in my life? \*

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14. 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? \*

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15. 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? \*

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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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