

EXAMEN DRAWN FROM ST. JOHN CASSIAN  
CONFERENCE OF ABBOT SERAPION  
ACCORDING TO THE SPIRITS OF TEMPTATION

AVARICE (ANGER, WRATH)

Murder  
Clamor  
Wrath  
Indignation

GLUTTONY

Surfeiting (feed to excess)  
Drunkenness

COVETOUSNESS

Theft  
False Witness  
Lying  
Perjury  
Greediness  
Deceit  
Desire of Filthy Lucre  
Violence  
Inhumanity

FORNICATION

*Causing one to act against natural human dignity.*

Buffoonery/Foolishness  
Filthy Conversation  
Foolish Talking  
Scurrility

ACEDIA

Restlessness  
Laziness  
Sleepiness  
Rudeness  
Wandering About  
Instability of Mind/Body  
Chattering

PRIDE

Blasphemy  
Backbiting  
Contempt  
Murmuring  
Envy\*

VAIN GLORY

Strife/Contention  
Heresy  
Boasting  
Confidence in Novelties

DEJECTION

Bitterness  
Despair  
Rancor  
Cowardice

**THE SPIRITS OF THE 7 DEADLY SINS  
AND THEIR RELATIONSHIP TO JOY**

*Pride (I am responsible for Joy)*

The spirit of *pride* tries to attack our relationship with others and with God by focusing our attention on ourself, in our own goodness, worth and suffering.

*Anger (My Joy is in danger)*

The spirit of *anger* seeks to isolate us and try to destroy others by turning them into a threat to our own good and focusing our attention on their failures.

*Lust (Joy is passing)*

The spirit of *lust* seeks to distort our image of love so that we are unable to recognize authentic love of others and of God, enflaming our desires for physical pleasures and convincing us that we were first made for this world, not for heavenly life.

*Envy (Joy is for others only)*

The spirit of *envy* wants us to stop working for the salvation of others and even our own salvation in God by motivating us to look down on their attainment of what is good, tricking us into believing that their good is at the expense of our own, or using their happiness as the source of our salvation.

*Gluttony (Joy is found in consuming)*

The spirit of *gluttony* attacks the soul's belief that God alone suffices by turning it toward things that are not fulfilling and convincing it that the food of this world will satisfy its desires.

*Avarice (Joy is in possessing)*

The spirit of *avarice* tries to undermine the soul's desire for heaven by calling our attention to the value of worldly things. It also distorts one's image of love by convincing one that only things of this world or this life have value.

*Acedia (Joy is unattainable)*

The spirit of *acedia* seeks to prevent us from responding to friendship and doing the work of God's Kingdom by convincing us that it is hopeless, not worth the effort, or that joyfulness is not attainable