

Knowledge of the the Ugliness of Sin.

Ignatian Retreat 1st Week

Note:

Additional thoughts for meditation and prayer on sin, its nature and effects.
Taken from Archbishop's Alban Goodier's writings.

THE NATURE OF SIN

Sin is an offence against God
 Sin is a substitution of me for God
 Sin is a presuming to know better than God and acting on it.
 Sin is a preferring of my own petty ends to the ends designed by God.
 Sin is a refusal to accept the loving arrangements of God.
 Sin is narrowness of vision, condemning what does not fit into it.
 Sin is ignorance, affecting to know.
 Sin is cowardice, pretending to be brave.
 Sin is slavery, pretending to be free.
 Sin is meanness, pretending to be noble.
 Sin is misery, pretending to be happy.
 Sin is self-contempt, pretending to be satisfied.
 Sin is perverse, obstinate, self-opinionated and cruel
 Sin is seeing good where there is none.
 Sin is justifying itself in doing evil.,
 Sin is defending the evil done, where there is no defense.
 Sin is confirming itself in further evil.
 Sin is impatient, envious and unkind,
 Sin is ambitious and puffed up
 Sin seeks its own.
 Sin rejoices in iniquity, not in the truth,
 Sin believes nothing, love nothing but self.

SIN'S TRUE COLOUR

To see sin as God sees it
 To feel about sin as God feels about it
 The frustration of His purpose
 The defiance of his will
 The contempt of His love
 The withdrawal of His hand from man
 And man, left to him, what is he?
 His light turned to darkness
 His will turned to weakness

Beauty to hideousness
 Truth to falsehood
 Straightness to duplicity
 Self-respect to self-contempt
 Cleanness to foulness
 Peace to unrest
 Calm to disturbance
 Simplicity to machination
 Success to consciousness of failure
 Victory to knowledge of defeat
 Content to loss and poverty
 Joy of heart to misery
 Hope to despair
 Love to hatred
 Faith to disbelief and mistrust
 Sincerity to false judgments
 Vision to blindness
 Breath to intolerance
 Kindness to violence
 Health to corruption of body
 Understanding to corruption of mind
 Power to corruption of will
 Man himself corrupted
 The companion of the beasts
 Death temporal
 Death eternal

Sin can do that
 One sin can do that
 One sin of mine can do that
 Then what must sin be!
 What must sin be!
 What must I be!

SHAME FOR SIN

My God, you know sin and hate it
 And must condemn
 In some way I do not understand
 Yet realize that it must be so
 It does hurt you
 And yet you love the sinner
 And would save him

Here then, I am a poor sinner
 I cannot but acknowledge my guilt
 Far more offensive than I know
 Let me be true
 Let me not deceive myself, or be deceived
 Give me the sense of shame
 That becomes my guilt
 Give me the confusion that will humble me
 If me they knew they would despise me
 And yet you know

Then surely I must despise;
 My weakness in yielding
 My pampering and indulgence
 My pettiness
 My choosing of evil
 My craving to do wrong
 The wrong I have done to others
 The wrong above all I have done to you
 My pride, my temper, my weakness, my shame
 The soul that might have been so beautiful, spoilt
 The character that might have been so noble, spoilt
 The powers that might have been so fruitful, blunted
 The life that might have been so flawless
 The good that might have been done

Jesus you loved me
 Yet so wantonly I insulted you.
 Jesus you bled to death for me
 And I did not care
 Jesus, I know, you will yet take me if I feel sorry.

I have done nothing for you!

I am doing next to nothing for you!

From now on, what shall I do for you?

Jesus, son of David, have mercy on me