

DISCOVERING MY DOMINANT FAULT

To discern our dominant fault we must first of all ask God for light:

“Lord, make me know the obstacles I more or less consciously place in the way of the working of Thy grace in me. Then give me the strength to rid myself of them, and, if I am negligent in doing so, do Thou deign to free me from them, though I should suffer greatly”

Make a serious examination asking yourself the following questions...

+ What occupies your mind most? *Review your daydreams, thoughts, memories, preoccupations..*

Where do my thoughts and desires go spontaneously...

...when I am awake?

...or alone and quiet?

...when in the car driving?

...in bed?

We should keep in mind that the predominant fault, which easily commands all our passions, takes on the appearance of a virtue and if not opposed, it may lead to impenitence.

+ What do I fear most?

What do I worry about a lot?

+ What is generally the cause or source of: ...my sadness? ...my joy?

+ What tends to causes me to be ...angry? ...anxious? ...fearful?
...gets me irritated? ...causes me to be restless, un-recollected, disturbed?

...

+ What are some of my distractions in prayer? *Write them down.*

What is the cause or source of these distractions?

+ What are my most frequently confessed sins?

...Sinful acts?

What drives me to choose to do this evil?

...What is underneath?

Look at what is the general motive of my action, the ordinary origin of my sins, especially when it is not a question of an accidental sin, but rather a succession of sins or a state of resistance to grace, notably when this resistance persists for several days and leads me to omit my exercises of piety.

Then we must seek sincerely to know the motive of the soul's refusal to return to the good.

+ What are some of my most frequent temptations?

The predominant fault may also be recognized by the temptations that our enemy arouses most frequently in us, for he attacks us especially through this weak point in our soul.

++ Take this to spiritual direction. Make discovering your dominant fault and getting rid of it a topic for your direction. You make the agenda - put it on the agenda.

There is a difference in dominant sin and dominant fault.

- Dominant fault is the main tendency that is the source of the main flaw and disposition that can become actual.
- Dominant sin is the actual act of thought, word, deed.

(Dominant refers to that which dominates or controls, or has the greatest effect)

(Predominant refers to that which is at the moment uppermost in importance or influence)