ACTION STEP 8 | SELF–EXAMINATION

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*Search me, oh God, and know my heart! Try me and know my thoughts! And see if there is any grievous way in me, and lead me in the way everlasting*

* *Psalm 139:23-24*

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SELF EXAMINATION

Self-examination is a spiritual discipline where one seeks the Lord and intentionally evaluates their own actions, motives, and intentions. The Lord understand our own hearts perfectly, therefore, this discipline does not “inform God” as if He does not know but instead asks Him to reveal it to us, who lack in understand of our ourselves. *‘The heart is deceitful above all things, and desperately sick; who can understand it?”* (Jeremiah 17:9). The goal of self-exemption is to gain a deeper understanding of our own sinfulness, turn from our sinful ways, conform us into the image of Christ, rest in the mercy of God, and glorify Him for his grace in our lives.

Because this in response to step 8, consider putting and emphasis of your self-reflection regarding your relationship with other people.

PREPERATION

1. *Remove distractions*: Find a quiet place, turn off phones and other distractions. Do your best to make an environment that will help you focus.
2. *Spend time in Prayer:* Ask the Lord to reveal your own heart to you. Admit your dependency on Him and ask Him to help you look more like Him.

PASSAGE AND RESPONSE

Read psalm 139 and answer the following questions:

1. According to the passage, what does the Lord know about you?
2. Consider your thought life (V2). What do you find yourself thinking about the most in this season? Are there any underlying anxieties, frustrations, or impure thoughts? Do you intentionally focus on what is true, lovely, good, and holy?
3. Consider your actions (V3). Do you find yourself operating out of selfish ambition or for the Lord? Apply your reflection to your actions at work, home, and in relation to others.
4. Consider how you speak (V4), are you honoring God and others? Is it building people up? Can you identify any sinful patterns in your speech?
5. According to the passage, how has God made us? What does this say about his care for us?
6. By letting go of our ways and following God’s way, what does the passage say we will gain? (V24).
7. What do you believe the Lord wants you to repent of? Take time to meditate on and rest in God’s great mercy.
8. Share what you experienced in this time with your sponsor. Consider alongside of them if there is any person you need to seek forgiveness from or forgive.