

Examine Yourself

Message Focus: Changing my life, . . . starts with changing me

BE the very best that you can be.
Self-reflection. Self-examination.

Ways of Self-Examination

1. **Being too hard on yourself
(Feeling worthless or unworthy)**
2. **Not being hard enough on yourself
(Give yourself a pass by allowing excuses)**

James 1:22-25 (NIV)

²² Do not merely listen to the word, and so deceive yourselves. Do what it says. ²³ Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror ²⁴ and, after looking at himself, goes away and immediately forgets what he looks like. ²⁵ But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

Some of us simply fail to give our lives a serious evaluation.

3. **Avoidance and Displacement (Not judging ourselves because we are pre-occupied with looking at what others are doing wrong)**

Judging Others – What does God’s Word say?

Matthew 7:2-5 (NIV)

² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. ³ “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? ⁴ How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? ⁵ You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.

*If I keep doing what I have always done, . . .
I will have what I have always had.
Nothing is going to change in my life.*

Message Focus: “Changing my life, . . . starts with changing me.”

What Must I Do? What is God telling me to do?

2 Corinthians 13:5 (NIV)

⁵ Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you.

God wants to expose my shortcomings, not to condemn me, but to convict me, so I can change.

God wants me to examine **my present state.**

We must **look for flaws we have now** and seriously and positively make the necessary changes in our lives.

Our Standard of Measure

I must measure myself against Jesus Christ, who possesses all the fruit of God's Spirit (Galatians 5:22-24). These qualities are aspects of God's character that I need to have:

Love, Joy Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control

Change Comes With A Price

A true self-examination costs us something.

To get what God wants to give me, I have to give up something that my flesh and mind doesn't want to give up.

If I seek Him and truly desire change, God will provide the strength, the focus and determination to be that person He has called me to be.

God will make a path, but I must take the step.
A step of Faith.

Take out that mirror, examine yourself and be committed to being the person that God wants you to be.

NOTES: _____

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