

Self-Awareness & Self-Examination

Psalm 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Fenelon taught: As the inner light increases, you will see the imperfections which you have seen heretofore as basically much greater and more harmful than you had seen them up to the present...But this experience, far from discouraging you, will help to uproot all your self-confidence, and to raze to the ground the whole edifice of pride. Nothing marks so much the solid advancement of a soul, as this view of his wretchedness without anxiety and without discouragement.

One word of caution: There are those who have been morbidly introspective and self-conscious their entire lives. They are fearful, anxious, and insecure because they not only over examine themselves but do so with a microscope. The problem with these folks is that their measuring rod is their own idealized version of their perfect self, not God's Word.

Questions to Evaluate Your Relationship with God

- Is God first in my life?
- How have I grown in my love relationship with Jesus?
- Do I love him with all my heart, soul, mind, and strength?
- Am I most deeply impressed with him, or do other things grab my heart and attention? What are those things?
- Do I treat his Word lightly or casually?
- Do I obey him?
- Am I talking with him regularly?
- Do I listen to what he tells me?
- Is he the Lord of my life or the servant of my desires?

Question to Evaluate Your Stewardship of Your Life

- How do I see myself?
- Am I aware of my daily need for God's forgiveness and grace?
- Do I care for myself in the way God instructs, or am I self-indulgent or morbidly preoccupied with myself, my flaws, and my imperfections?
- Do I believe what God tells me about who I am?
- Do I thank him for the gifts and talents he has given me to glorify him and serve others?
- Am I using my gifts and abilities for his purposes or for my own?
- Do I readily correct myself when I am wrong, sinful, or thinking untrue thoughts, or do I ignore them, excuse myself, or slide into self-hatred or self-pity?

Questions to Evaluate Your Interactions with Others

- Do I extend myself and concern myself with the needs of others, or am I more focused on my own interests?
- How do I treat people?
- Am I prejudiced, intolerant, or condescending toward any particular group? Minorities? Women? A specific ethnic or religious group?
- Am I kind, generous, self-controlled, meek, forbearing, loving, submissive, patient, and gentle?
- Would others evaluate me this way?
- Do I consider another person's ideas, needs, and feelings as important as my own?
- How would my spouse describe me? My children? People at work, school, or church?
- Do I put on one face in public and another in private?
- Am I teachable, or do I always have to be right?