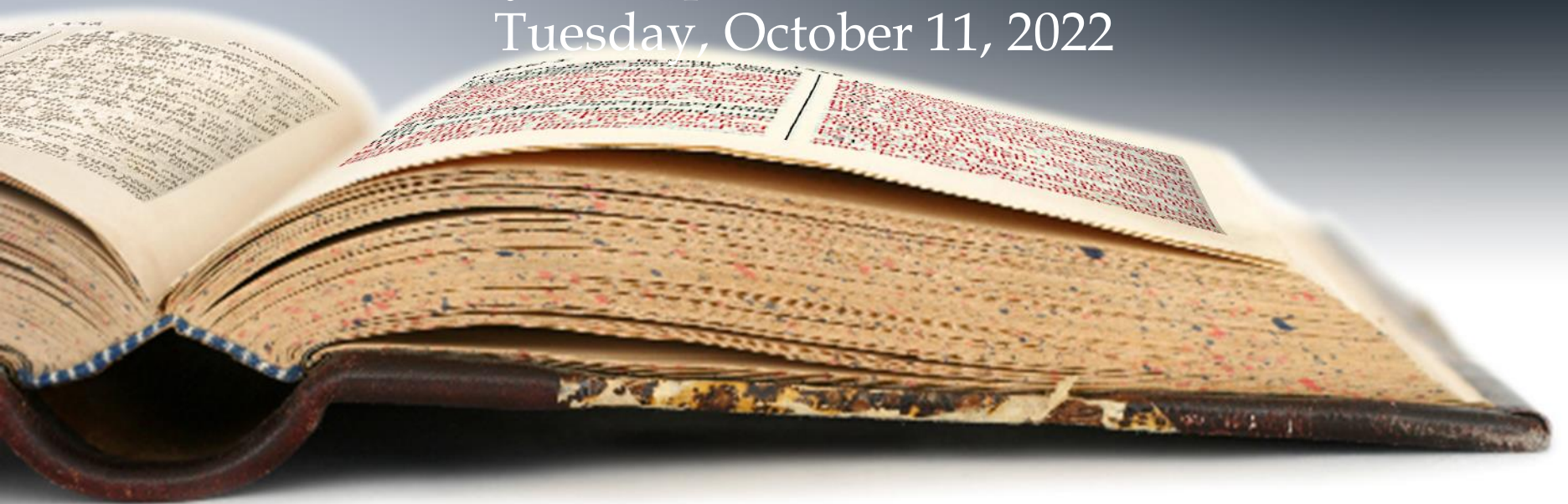


# The Gathering

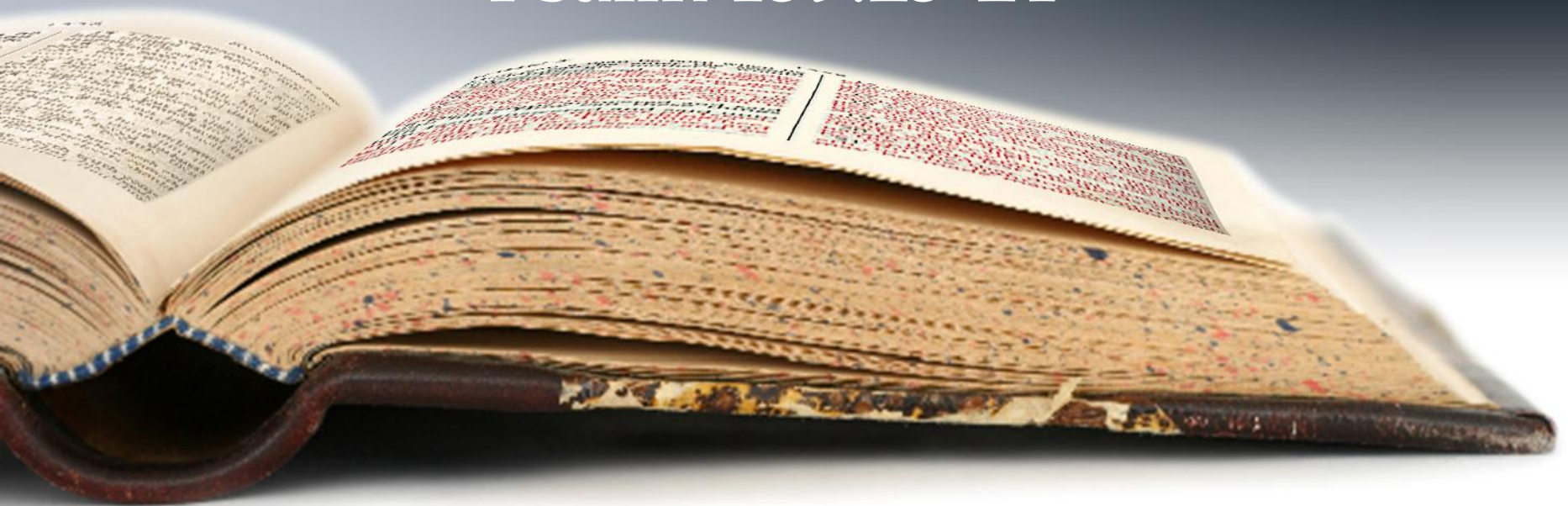
## Self Examination: Seeking Wholeness in God's Presence

Rev. Dr. Cynthia L. Hale  
Ray of Hope Christian Church  
Tuesday, October 11, 2022

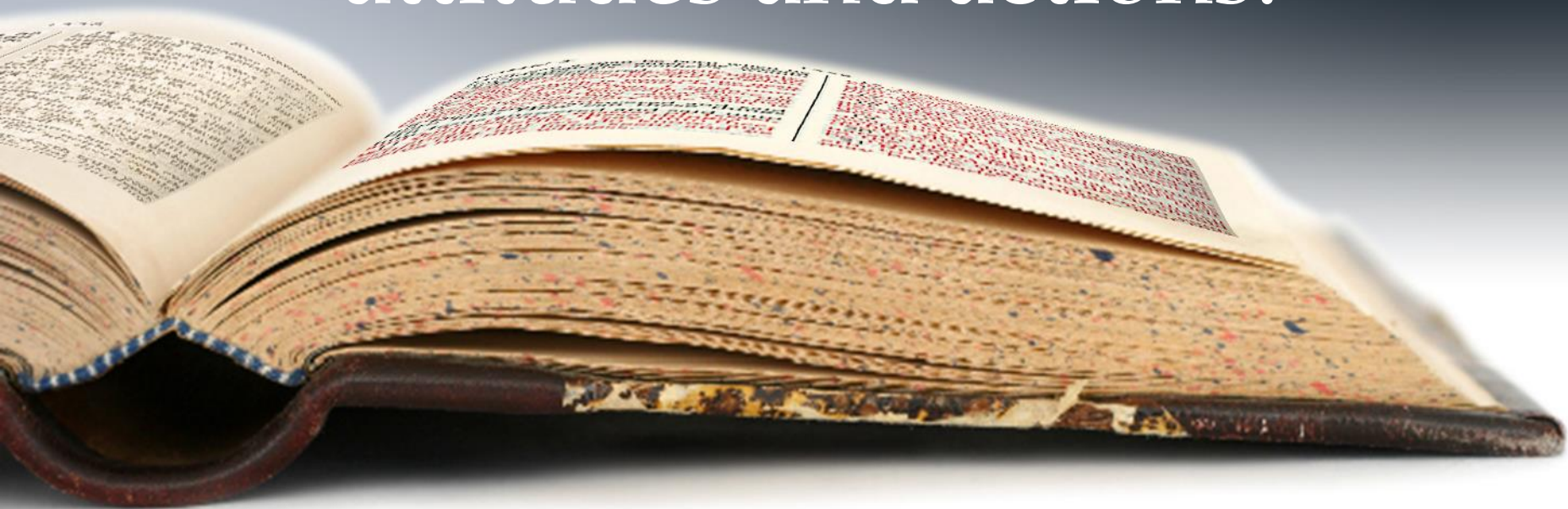


Search me, God, and know my heart;  
test me and know my anxious  
thoughts. See if there is any offensive  
way in me and lead me in the way  
everlasting.

Psalm 139:23-24



Constantly adhering to the same principles, course, form, etc. It is essentially “steadfast” adherence to the same principles in our attitudes and actions.

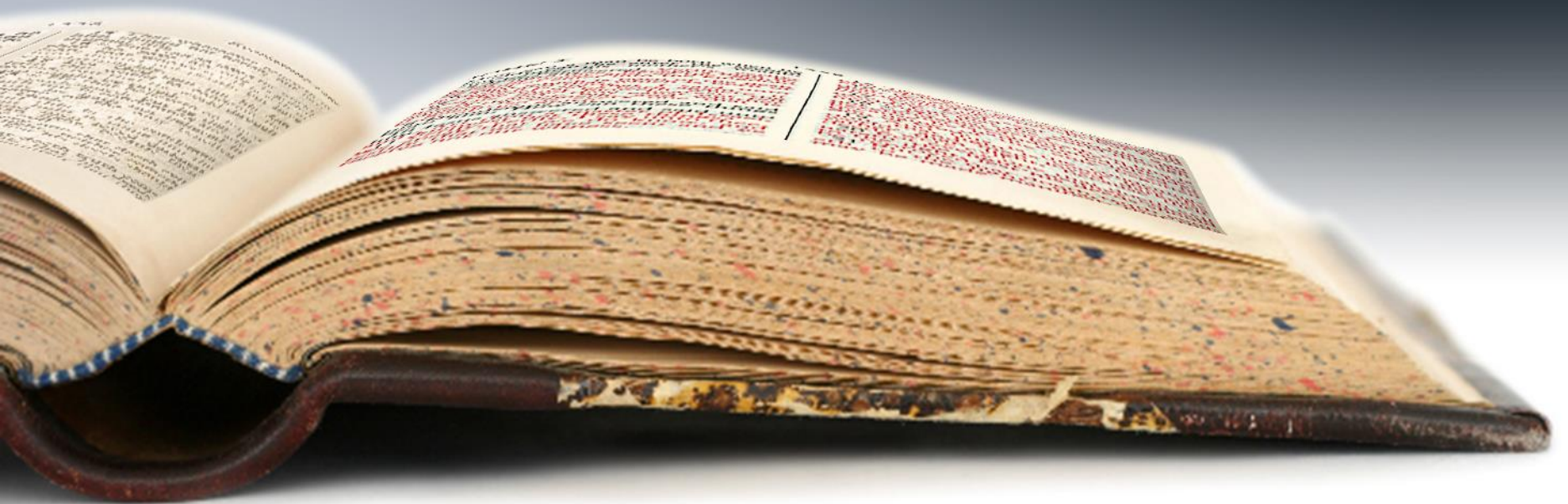


Being conformed to the image of  
Christ is what God wants and  
indeed created us to be.



For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

Romans 8:29



If we want to be consistent,  
we have to first of all be honest  
with ourselves about our areas  
of inconsistency, where we are  
not consistent with who we are  
in Christ.

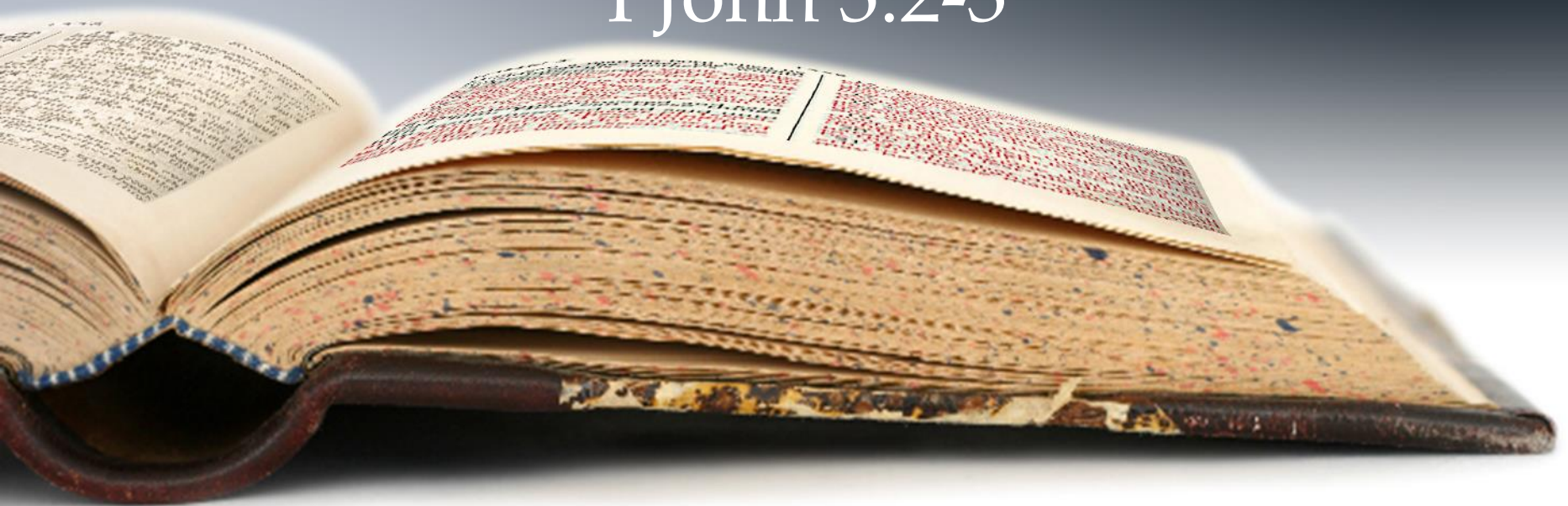


You are becoming.



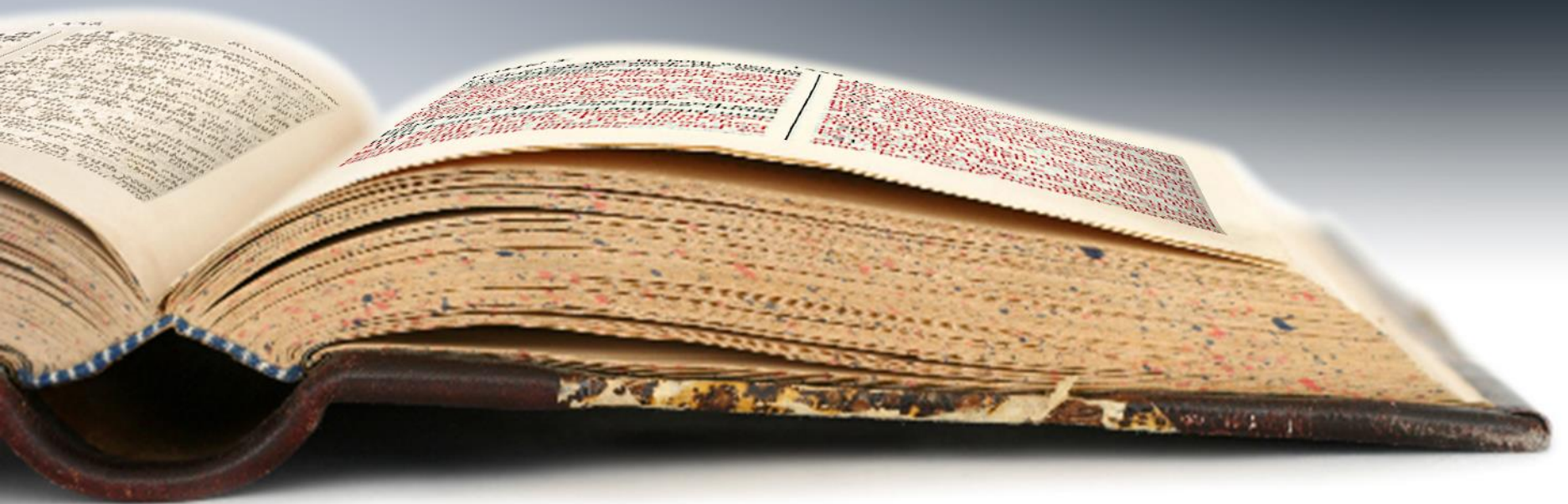
Dear friends, now we are the children of God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is.

I John 3:2-3





Sacred Rhythms:  
Arranging our lives for  
Spiritual Transformation



The way that we are able to identify the areas of inconsistency in our lives is through consistent self-examination.



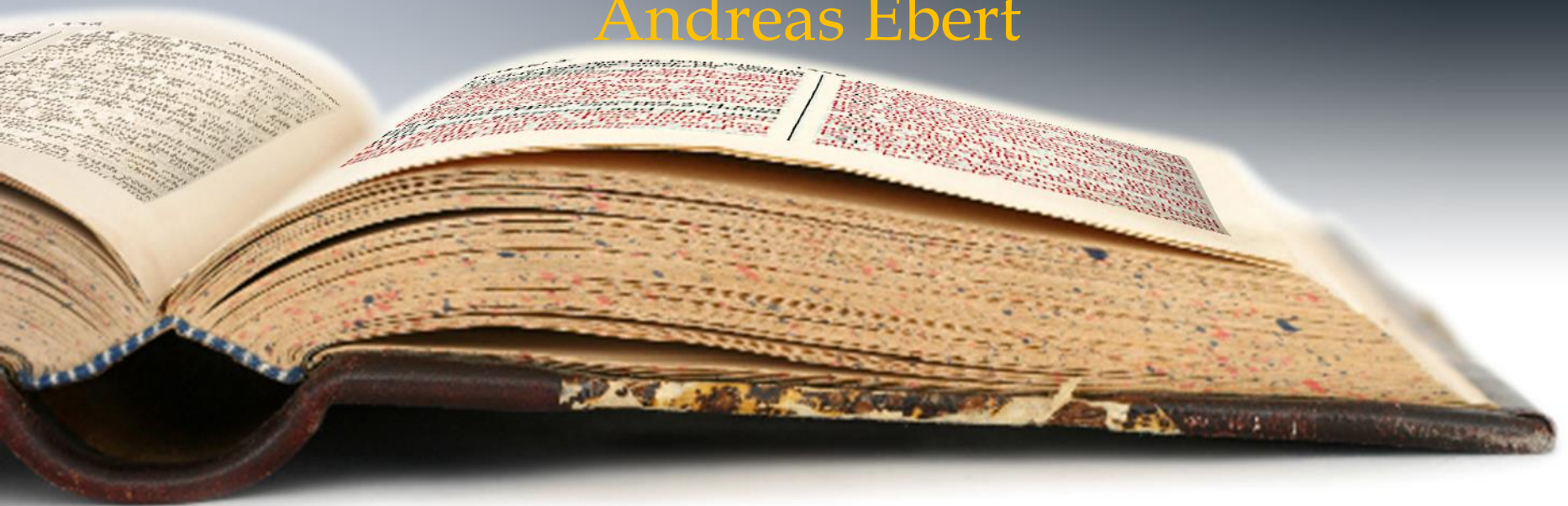
Self-Examination is bringing  
our whole selves before God.

Ruth Harley Barton



Many avoid the path of self-knowledge because they are afraid of being swallowed up in their own abysses. But Christians have confidence that Christ has lived through all the abysses of human life and that he goes with us when we dare to engage in sincere confrontation with ourselves.

Andreas Ebert



## Discussion:

Who in your life knows you  
intimately and loves you  
unconditionally?



In Psalms 139, David gives us  
a complete and balanced approach  
to self-examination.



Search me, 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.



One can do the hard work of self-examining oneself when one knows that he or she is known and loved by God unconditionally.

Psalm 139:1-4





- I Chronicles 28:9 - The Lord searches every heart and understands every motive behind the thoughts.
- Jeremiah 17:10 - I, the Lord, search the heart and examine the mind.
- Psalm 44:22 - He knows the secrets of the heart.



He knew Nathaniel – John 2:47 – 48



He knew that Judas would  
betray him, and Peter would deny  
him and told them as much.

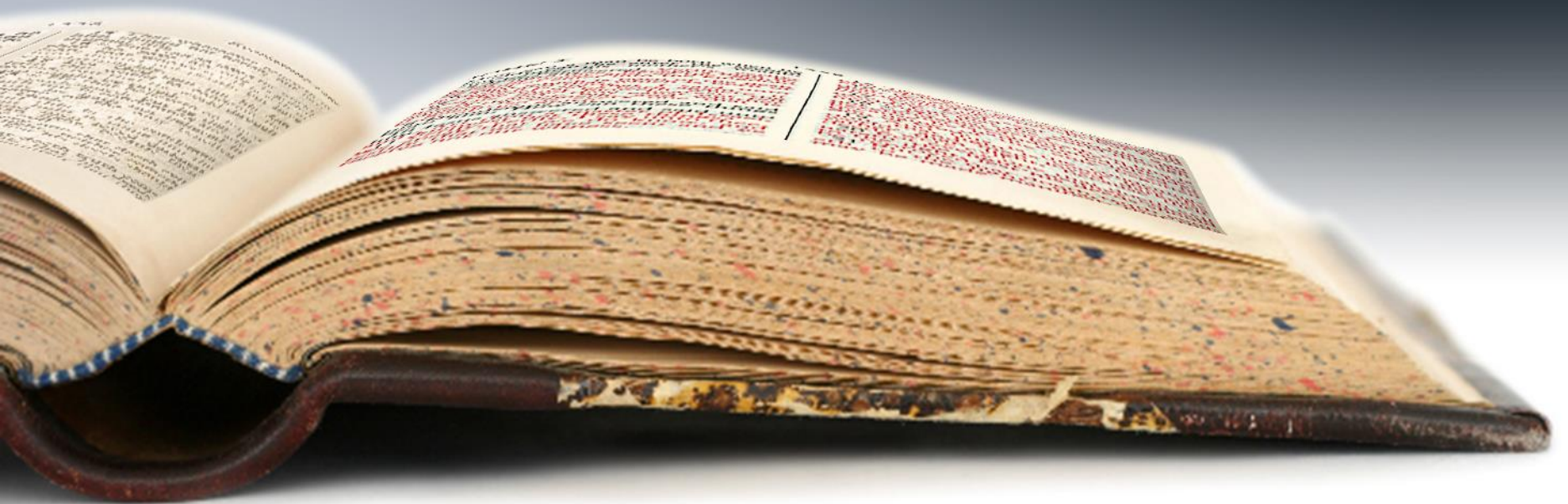


We cannot see all that God can see!



We can trust His love for us.

Psalm 139:5-12



We can be secure in God's love  
for us. Nothing and no one can  
separate us from his love.

Romans 8:35-39



What have I to dread; what have I  
to fear? Leaning on the ever-lasting  
arms. I have blessed peace with  
my Lord so near. Leaning on the  
everlasting arms.



# The Examen of Consciousness or a daily review.





To engage in the Examen of Consciousness,  
ask yourself these simple questions:

1. Did someone show me unusual kindness today?  
That was no doubt God loving you through him or her.
2. Did I narrowly escape some danger or harm? That was  
God protecting you. Through dangers seen and unseen.



To engage in the Examen of Consciousness,  
ask yourself these simple questions:

3. Did I refrain from responding in ugly ways to someone who was mean to me? That was God working through you.



To engage in the Examen of Consciousness,  
ask yourself these simple questions:

4. Were there times when I was not as responsive to the needs of others or not as loving or forgiving as I should I have been? We can learn from our mistakes what not to do the next time.



We can consistently do the hard work of self-examination when we celebrate ourselves as God's gift to ourselves and others.

Psalm 139:13-14

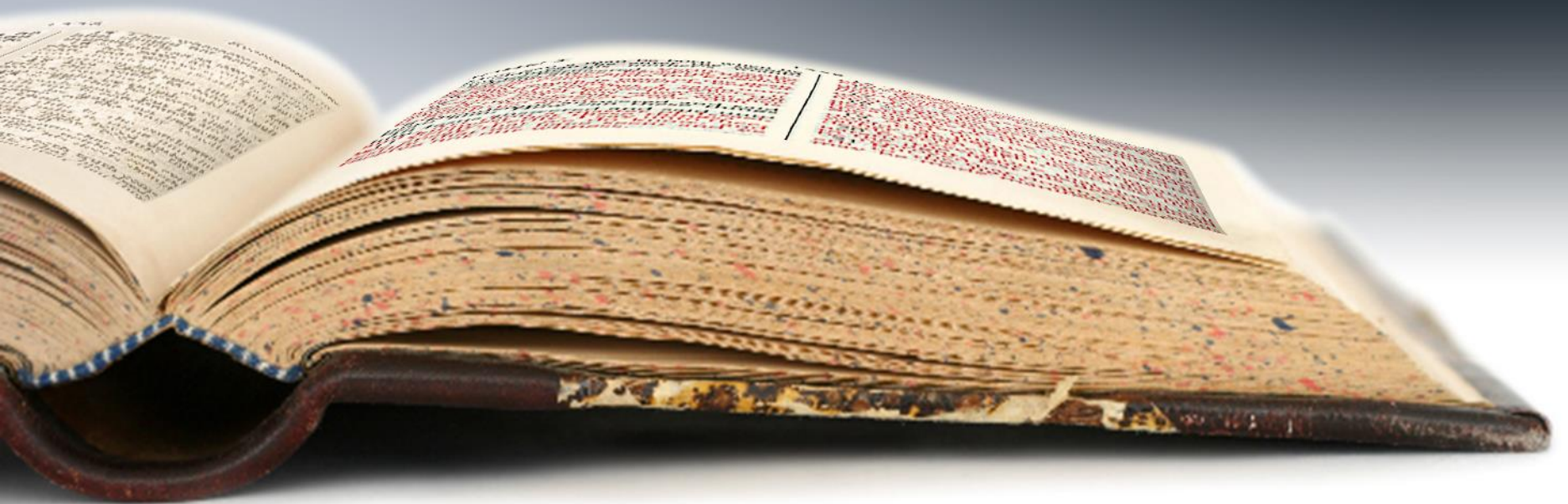


For you created my inmost being;  
you knit me together in my mother's  
womb. I praise you because I am fearfully  
and wonderfully made; your works are  
wonderful. I know that full well.



# Discussion:

What do you like most about yourself, your body, your personality, your creativity? What is it that you do well? In what ways are you especially gifted?



God saw all that he had made,  
and it was very good.

Genesis 1:31



Very good!





You don't feel so bad about  
yourself when you know  
you are not all that bad.



After his praise,  
David begins his petitioning.

Psalm 139:19-24

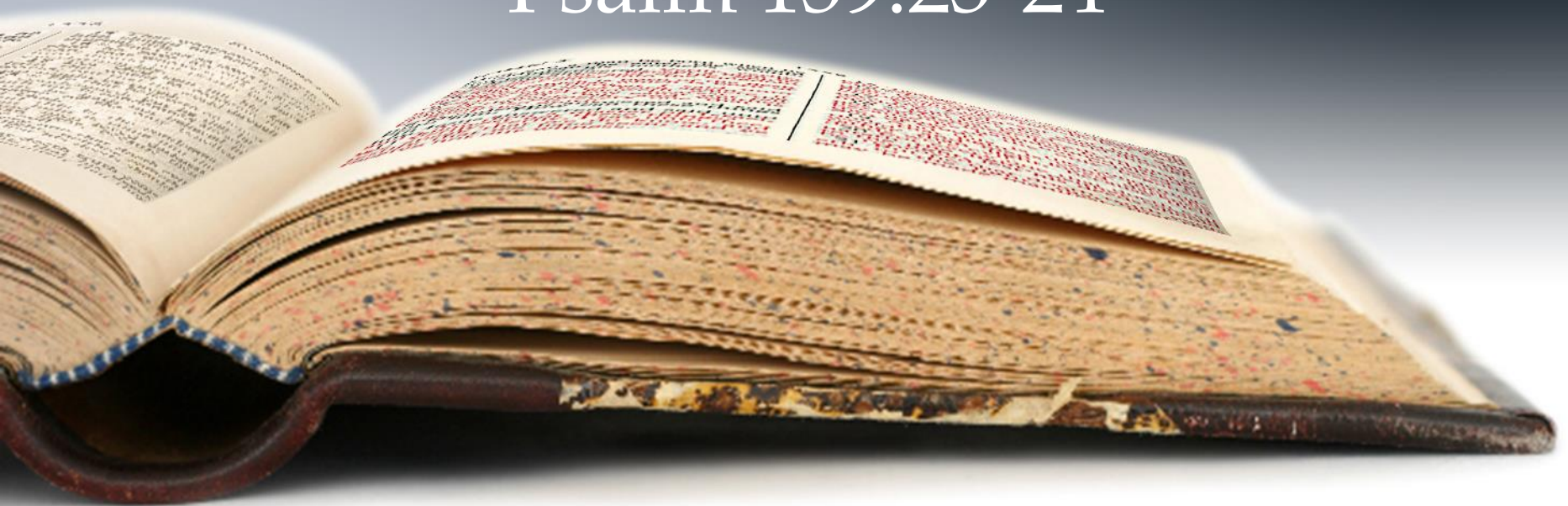


# Imprecatory Prayer



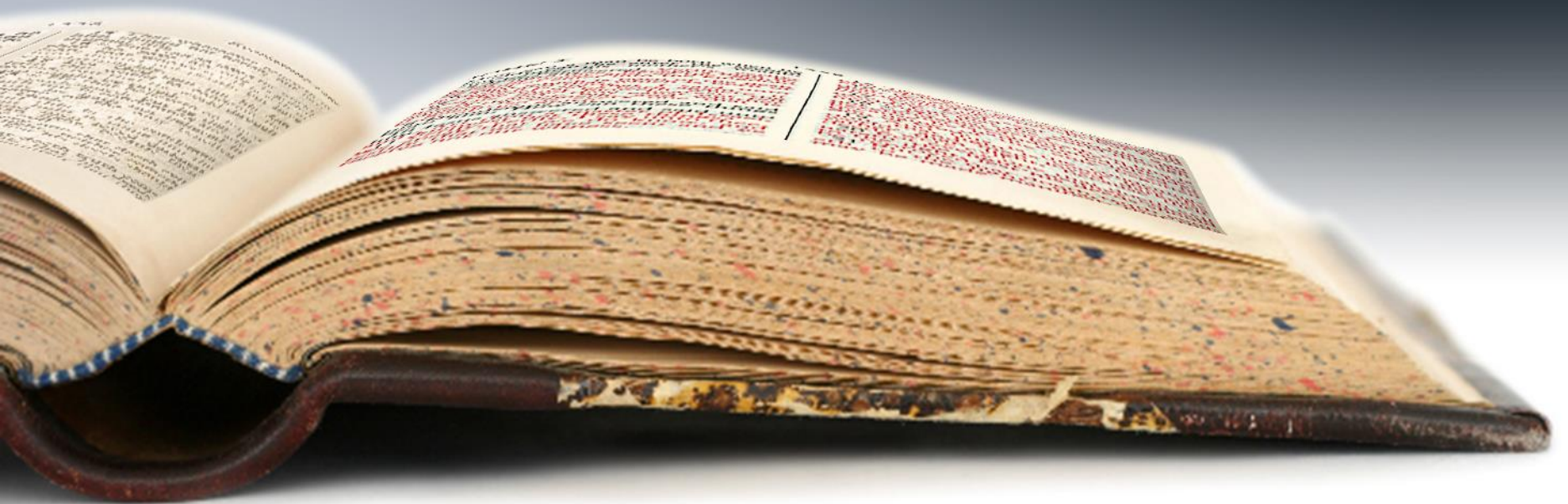
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Isaiah in the temple.

Isaiah 6



It may seem paradoxical for David to ask God to search him and know his heart when he knew that God knew him. What David was asking God to do was to help him know himself as he was known by God.



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# The Examen of Conscience.

The Examen of Consciousness helps us see God more clearly. But the Examen of Conscience helps us to see ourselves more clearly.





In this examination,  
we review the day, but this time  
we are focusing on ourselves  
rather than God.



1. The first element is simply seeing something that went wrong in a behavior or act.



2. The next move is being willing to name the failure for what it is as well as naming what is going on inside of us.



3. The next move is confession.



Confession is good  
for the soul!



## Discussion:

When making a confession, what is the difference between saying – I'm sorry if I hurt you and I am sorry I hurt you?



# Personal Reflection:

Who do you need to ask for forgiveness?

