

Examine Yourself

read

Matthew 7:5

think

I was 18 years old and in my first (of eight) year of Bible college. My roommate and I were hanging out in a group and sharing stories when suddenly, my roommate looked at me and said, “You tend to take everyone’s story and make it about yourself.” I was shocked. Then, I was angry, followed by a flood of humiliation. Why did I feel this way? Because my roommate was right and pointing out a blind spot in my life that needed to be addressed. It was so hard

to hear him say that, and although it’s been a long road, I am so thankful to friends who are willing to help remind me of some logs in my life.

How do you respond when someone points out a blind spot in your life? Do you deflect it? Get angry or defensive? The reality is we all have them. There are areas in our lives that need help, and oftentimes, we can be oblivious to them. And there is a real danger for us should we choose to do nothing about them. One of those dangers is living as a judgemental, self-righteous individual who often looks down on others.

apply

- Spend time as a family discussing the strengths, talents, gifts and abilities you see in one another.
- Discuss the following quote; “Without constantly remembering the gospel, my heart settles into its default position of self-pity and self-centeredness. It is ‘me against the world.’” - Ranjit David¹
- One key way to grow in self-awareness is to examine our algorithms. What fills our heads and exposes our hearts through what we see online?
- “Self-aware leaders can avoid becoming a self-conscious leader.” – Mike Humphries.
- This principle can apply to each of us; if we are more aware of our strengths and weaknesses, we can avoid falling into the pit of self-pity.
- Lacking self-awareness risks minimizing the impact of the gospel on your life. When we are aware of our sinfulness, God’s grace becomes evident.
- Read Matthew 7:5 and then ask your family if there are any blind spots in your life. This can be difficult, but it can be a huge blessing when done in love.

pray

Heavenly Father, we thank you that we can find our identity in you and you alone. We are so thankful for the convicting work of your Holy Spirit in our lives. Could you reveal the areas of our lives that need to be addressed? May we not live with logs in our eyes, but in humility, may we receive challenge, rebuke, and correction. Thank you for saying that we do not need to live in fear because of the finished work of Christ. May we reflect on the grace we have received and share the love we have been shown to one another.

¹<https://in.thegospelcoalition.org/blogs/better-than-life/the-need-for-self-awareness/>

Resources:

<https://www.desiringgod.org/articles/examine-yourself-forget-yourself>

<https://www.truthforlife.org/resources/sermon/beware-and-be-aware/>