

## SELF-EXAMINATION

Pastor Michael Lee  
December 27, 2009  
Psalm 139

### WHY GOD CAN HELP ME SEE MYSELF AS I REALLY AM

1. Because God has \_\_\_\_\_ of me  
(vv. 1-6).

- God is omniscient; God knows every action, every secret of the heart, every thought and intent, and every word I have ever spoken.

2. Because there is no place where I can hide from \_\_\_\_\_  
(vv. 7-12).

- God is omnipresent; He is present everywhere at once so I cannot escape or hide from him (Hebrews 4:13).

3. Because God knows me from the inside out because he \_\_\_\_\_  
(13-16).

- There is no need to pretend with God; He knows everything about me and still loves me. God cannot be surprised by new information about me.

### WHY I NEED GOD TO HELP ME SEE MYSELF AS I REALLY AM

1. Because I am \_\_\_\_\_ to the depth of sin in my heart.

- Sin is deceitful and it hides itself inside of me. Only God can truly know the depth of sin in my heart.

2. Because I need to turn from my wrongful ways and begin to \_\_\_\_\_.

- If I am repentant, then God will correct any of my sinful patterns and enable me to live righteously.

## CENTRAL TRUTH:

Allowing God to help me see myself as I really am facilitates spiritual transformation.

### LIFEGROUP DISCUSSION QUESTIONS

1. What one insight from Sunday's teaching seems most personally significant to you right now?
2. As a group, go through the process of Self-Examination.
  - First, read all of the explanation below.
  - Next, take about 15 minutes individually to ask God the three questions: "What Am I Doing?", "Why Am I Doing It?" and "How Can I Take Personal Responsibility Before God?" Pause after each question and listen to the Spirit of God.
  - Lastly, debrief altogether and share what you experienced.

*[If you are not accustomed to spending time in self-examination before the Lord, then this exercise may feel a bit awkward. But, give it a try. Perhaps this will develop into a discipline that deeply transforms your life]*

## SELF-EXAMINATION

*("Sacred Rhythms" by Ruth Haley Barton)*

Self-examination is not that I am inviting God to know me (since he already does), but that I am inviting God to help me know me.

### 1) WHAT AM I DOING?

- You're asking God to bring to mind attitudes, actions, and moments that were sinful.

### 2) WHY AM I DOING IT?

- You're seeking understanding of the inner dynamics and the deep-seated attitudes that caused the behavior.
- You're not depending on your own introspection or insight; instead, you are surrendering yourself to the Spirit of God who reveals truths to you about yourself.
- Trust yourself to God listen to him without being defensive and without being rationalizing.

### 3) HOW CAN I TAKE PERSONAL RESPONSIBILITY BEFORE GOD?

- Spiritual transformation is the end game in self-examination.
- A transformed heart requires us to confess our failure out loud to ourselves, to God, and to the person(s) we have hurt.
- A transformed heart requires us to renounce both the inner dynamics that caused the behavior and the behavior itself.

\*\* CDs of today's message as well as previous weeks' sermons are available in the YNCC office. Sermons are also viewable online at [www.yncc.org/sermons](http://www.yncc.org/sermons).

