Self-Examination

Introduction: 2 Corinthians 10:12; Jeremiah 17:9-10. The Bible tells us to examine ourselves before we receive the Lord’s Supper.

**1. Why is self-examination important?**

A. To unify the *family* of God

B. To avoid *discipline* from God

C. To enjoy *fellowship* with God

1 John 1:5-9

**2. By what measure should we examine ourselves?**

A. By Scriptural *commandments*

Psalm 19:7-8, 11

B. By a sensitive *conscience*

Romans 14:23

C. By godly *counsel*

Proverbs 19:19-20

**3. With what attitude should we examine ourselves?**

A. With humble *fear* of God

2 Corinthians 7:1

B. With an open *heart* before God

Psalm 19:12; 40:11-12; 139:23-24

C. With simple *confidence* in God

Hebrews 10:19-22

**Application** The Lord’s Supper—

A. Is for *repentant* believers

B. Is for *joyful* believers

**For Private Meditation or Family Discussion**

1. What was the most important or helpful thing you heard in the sermon?

2. What questions did the sermon raise in your mind?

3. Luke 18:9-14. Why did God accept one man, but not the other? Which of them probably looked better to other people?

4. How might you use Exodus 20:1-17 as a regular part of your self-examination?

5. How can you keep from becoming morbidly introspective, that is, spending too much time and emotional energy on self-examination? What should receive more of your attention than you give to your sins? Hebrews 9:13-14.

6. Psalm 32. Rather than constantly moaning about the past, how should a repentant Christian respond to the promise of God’s forgiveness.

7. Sickness is a result of Adam’s fall and God’s curse on the human race. The godly and the ungodly suffer from natural disasters like earthquakes. Likewise, all people are subject to illness and death. Most sickness has no other cause. Sometimes, however, sickness comes as a discipline from God for a specific sin (1 Corinthians 11:29-32; James 5:14-16; 1 John 5:16-17). Since you are not an apostle or an authoritative prophet of God, it would be cruel and presumptuous for you to tell a sick person that God is punishing him. All of us, however, should ask God to help us respond in a godly fashion when we experience sickness. All the trials of the godly are designed by the Lord for their benefit (Hebrews 12:4-13). Even Jesus, who never sinned, “learned obedience from the things which He suffered” (Hebrews 5:8).