

Examine Yourself

“Therefore, whoever eats this bread and drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. But, let a man *examine* himself and so let him eat of the bread and drink of the cup.”
(1 Corinthians 11:27 – 28)

The point is to rejoice, not to get depressed.

Galatians 6:3 – 4, “For if anyone thinks himself to be something when he is nothing, he deceives himself. But let each one *examine* his own work, and then he will have rejoicing in himself alone, and not in another.”

Area 1: Simplicity. You should feel good about yourself if you keep it simple

1 Corinthians 12:22 – 23, “Those members of the body which seem to be weaker are necessary. And those members of the body which we *think* to be less honorable, on these we bestow greater honor.”

1 Corinthians 3:18, “Let no one deceive himself. If anyone among you *thinks himself* to be wise in this age, let him become a fool that he may become wise.”

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1 Corinthians 8:2, “If anyone *thinks* that he knows anything, he knows nothing yet as he ought to know.”

1 Corinthians 10:12, “Therefore, let him who *thinks* he stands take heed lest he fall.”

Area 2: Christ in you. You should feel good about yourself when the Spirit works in or through you.

2 Corinthians 13:5, “Examine yourselves as to whether you are in the faith. *Test* yourselves. Do you not know yourselves, that Jesus Christ is in you? – unless indeed you are disqualified.”

How do I know the Spirit is in me? Romans 8:13, 1 John 4:12 – 13, 1 John 3:23 - 24

Area 3: Seeking good. You should feel good about yourself if you are seeking the good stuff, not harping on the bad stuff.

Ephesians 5:8 – 10, “For you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the light is in all goodness, righteousness, and truth), *finding out* what is acceptable to the Lord.”

Area 3: Seeking good.
You should feel good about yourself
if you are seeking the good stuff,
not harping on the bad stuff.

Philippians 1:9 – 10, “And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may *approve* the things that are excellent, that you may be sincere and without offense till the day of Christ.”

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1 Thessalonians 5:21, “*Test* all things; hold fast to what is good.”

Romans 12:2, “Do not be conformed to this world, but be transformed by the renewing of your mind, that you may *prove* what is the good and acceptable and consistent will of God.”

Area 4: Looking forward.
You should feel good about yourself
if you are looking to the end result.

Hebrews 12:10 – 11, “For indeed they [parents] for a few days disciplined us as *seemed* best to them, but He [God] for our profit, that we may be partakers of His holiness. Now no discipline seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.”

Examine Yourself

Keep it simple

See Christ in you

Seek the good

Look forward