



Holy Introspection

Psalm 139:23-24

Lamentations 3:40

2 Corinthians 13:5

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Examining the Concept

Intro- (prefix)

-Spect (Latin Root)

Introspection: Looking Inward to assess one's own thoughts, motives, influence, ideas, worldviews



Examining the Concept

Biblical Synonyms:

- **Watch**
- **Examine**
- **Test**
- **Take heed to**

Consider (when used of the self)
Watchfulness
Ponder

Other Synonyms Include:

- **Self-reflection**
- **Self-examination**
- **Self-inquiry**
- **Soul search**

Self-analysis
Self analysis
Self-assessment
Reflect



Holy Introspection

Apostolic Position

Introspection
Specifically for:

- ☐ Self-Analysis
- ☐ Self-Awareness & Purpose
- ☐ Spiritual Growth
- ☐ Overcoming Obstacles



Why Introspection?

I Corinthians 11:28-31

- ❖ Avoid Damnation
- ❖ Forgiveness
- ❖ Cleansing
- ❖ To keep the spirit pure
- ❖ Please **GOD**



Why Introspection?

Acts 17:30-31

- ❖ Grow personally and spiritually
 - ❖ Spiritual Maturity
- ❖ Level up our consciousness of spiritual things
- ❖ Overcome dark tactics



Introspection Looks Like:

- Meditation/Pondering
- Self-Examination/Scrutiny
- Watching/Sensitivity to **JESUS**
- Prayer/Supplication
- Journaling
- Reflection/Reviewing Experiences

Precursors of Holy Introspection



1. Accept that you are not perfect
Job 13:23
2. Accept that **GOD's** Word is true and the
only measure
Psalm 119:11



Precursors of Holy Introspection



3. Value the Word for your life
Colossians 3:1-2

4. Practice Honesty
Romans 12:3



Precursors of Holy Introspection



5. Disarm your own lens/measure
Psalm 86:11

6. Be aware of our position on **GOD's** prophetic
time clock
Matthew 24:42

Precursors of Holy Introspection



7. Take intentional approach to salvation
Philippians 2:12

8. Remain cognizant of your dependence on
JESUS
John 15:5



When You Introspect:

- ☐ Let go of past mistakes
- ☐ Avoid over-criticizing self
- ☐ Avoid being too self-focused too much of the time
- ☐ Become Sensitive to **JESUS**

Avoid Obsessive Behaviors



When You Introspect:

- Did my actions/feelings/motives/etc. honor **GOD**?
- Ask for **GOD's** Help
- Solicit help through **GOD's** Word
 - Psalm 26:2
 - Psalm 139:23-24



When You Introspect:

- STOP!!!
 - When you see any degree of misalignment
- Minimize distractions and focus on the preached Word!
- Avoid behavior like the hypocrites **JESUS** talked about



When You Introspect:

- Think metacognitively
 - James 1:22
- Make Introspection a normal part of your life!

Very Simple Conclusion:



❑ **JESUS** is calling you to action!

❑ I Peter 5:6-11

