

Week 2: Biblical Self-Awareness & Examining the Heart

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Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting. (Psalm 139:23–24)

What Is Biblical Self-Awareness?

- Proverbs 4:23 – “Keep thy heart with all diligence; for out of it are the issues of life.”
- Biblical self-awareness asks not only “What did I do?” but also “Why did I do it?”

Barriers to Honest Self-Examination

- Pride – “I’m not as bad as others.”
- Busyness – Distractions prevent reflection.
- Fear – Afraid of what God may reveal.
- Comparison – Measuring ourselves by others instead of Scripture.

How to Examine Your Heart

- Invite God to search you – Psalm 139:23–24
- Measure by Scripture, not feelings – Hebrews 4:12
- Respond with repentance, not shame
- Practice daily awareness

Result of an Examined Heart

When believers examine their hearts regularly:

- Pride decreases
- Grace for others increases
- Prayer becomes more honest
- Spiritual growth accelerates

Things to Think About (Discussion Questions):

- Why do people resist examining their own hearts?
- What is the difference between conviction and condemnation?
- What are signs someone is growing in biblical self-awareness?

