

## *SELF-EXAMINATION*

**Shalom sisters MHNCB!** As Passover approaches this is a great time to purge the leaven out of your spirit. The key factor in cleansing your spirit is reflecting on your actions. Reflection is crucial when examining because reminiscing on your mistakes is how you learn from them. When you analyze your mistakes in a situation, you can learn to accept and move forward.

Self-examination is the first step in growth. You must acknowledge your mistakes and sins to overcome them.

**2 Corinthians 13:5 KJV** - "Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobate?"

Once you have acknowledged your problems, you must put effort into eliminating them. Just as faith is useless without works, examination is useless without effort. A great way to examine is by listing things you struggle with, then each week studying for that battle. Another method is to take time out and review your week to see how you can improve yourself. You can also start a journal, you can write bi-weekly, and go back to consider your feelings and struggles. Studying the scriptures is the only thing that can truly help you overcome your trials, we are to find comfort in the scriptures.

**Sirach 5:37 KJV** - "Let thy mind be upon the ordinances of the lord, and meditate continually in his commandments: he shall establish thine heart , and give thee wisdom at thine own desire."

To summarize everything that has been stated so far, self-examination is essential in your walk to repentance. When examining, you must also find solutions, not just wallow in regret.

**Sirach 2:1 KJV** - "My son, if thou come to serve the Lord, prepare thy soul for temptation." You are bound to face trials when you are in the truth, but enduring and acceptance is how you succeed. I hope this can edify and benefit you!

**SHALOM MHNCB!**