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## **Look at You!**

### **A Spiritual Examination of the Self**

*A Spiritual Pocket Books by Sandra Michelle*

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Unless otherwise indicated, Scriptures are taken from

Life Application Study Bible

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## **Introduction:**

*“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you--unless, of course, you fail the test?”*

2 Corinthians 13:5 NIV

Self-examination is not too popular these days. If we are honest, most of us spend way too much of our time watching what other people are doing versus paying attention to our own actions. I know am Look at You: A Spiritual Examination of the Self I guilty. You probably are too. Let's admit it; examining others is more interesting than scrutinizing ourselves. It seems that we get a kick out of interpreting the life and Look at You: A Spiritual Examination of the Self journey of other people and telling them what we think they should do and how they should live. When it comes to us, it is very difficult to look in the mirror and see how we truly are. However, self-examination is a spiritual responsibility. Paul told Timothy to take heed to himself.

*“Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.”*

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## 1 Timothy 4:16

### Look at You: A Spiritual Examination of the Self

I see Paul as telling Timothy to stay out of other people's business and just focus on his mission. Look at You: A Spiritual Examination of the Self If he lives right, other people will want to follow his example. We are to gently rebuke others out of love, but most Christians would rather just be nosey.

In order to test ourselves we must begin by being brutally honest and most of us do not like to acknowledge our weaknesses or talk about our shortcomings. Who wants to really see where they are failing? However, to know where we stand in our Look at You: A Spiritual Examination of the Self faith, an honest examination must take place.

Look at you! Where do you stand? Are you strong in the faith as you think you are? You will not really know where you stand until you have been tested. After reading this book, you Look at You: A Spiritual Examination of the Self may be surprised where you fall on the spiritual scale. If you discover that you are not where you need to be in your spiritual walk, don't beat yourself up. Spiritual health Look at You: A Spiritual Examination of the Self is progressive. Therefore, use this book to examine where you are with an open heart and make the necessary changes to grow and do better. Just like the people who take physical therapy to restore their health or return to a Look at You: A Spiritual Examination of the Self better physical condition, you can make a spiritual therapy plan to help you be better spiritually. Time for a spiritual check-up....

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