

12 Steps to Serenity

Talk-bits

Step #4: Self-examination

Made a searching and fearless moral inventory of ourselves.

(Note: Read this daily.)

Sunday, January 29

Jeremiah 17:9

The heart is deceitful above all things and beyond cure. Who can understand it?

Talk-bit: Sometimes our feelings and thoughts can deceive us, so that we become blind to the sins within us. What are some actions or behaviors in your life that remind you that you have a deceitful heart?

Prayer: All-knowing God, search my heart and examine my mind. Make me more aware of the sin that is within me.

Monday, January 30

Mark 14:67b-68

"You also were with that Nazarene, Jesus," she said. But (Peter) denied it. "I don't know or understand what you're talking about," he said, and went out into the entryway."

Talk-bit: The power of denial is illustrated when Peter denies Christ. Are there sins in your life that you have ignored through denial? Do you tend to minimize, blame others, or make excuses for your own sinfulness?

Prayer: Forgiving God, forgive me when I deny the sin that is within me. Help me to recognize my sin and take responsibility for my actions and thoughts so that I can live in the truth of who I am.

Tuesday, January 31

(Don't forget to read "Step #4" at the top of the page each day.)

Galatians 6:3-4

If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else.

Talk-bit: Pride can become a barrier to honest self-examination. How does pride keep you from being honest with yourself? What are the areas of your life where you need more humility?

Prayer: Jesus, give me a humble heart.

Wednesday, February 1

Psalm 139:23

Search me, God, and know my heart; test me and know my anxious thoughts.

Talk-bit: Self-examination can often bring up past hurts and failures that may create anxious thoughts. What anxieties do you have about past memories? What keeps you from asking God to search you and know your heart?

Prayer: O God, search me and know my heart. Test me so that I may walk in your way.

Thursday, February 2

James 1:19-20

Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

Talk-bit: Resentment causes stress, anxiety, and feelings of anger. Identify your major resentment. How is it interfering with your life? What steps do you need to take to release that resentment?

Prayer: Lord Jesus, forgive me when I hold on to resentment. Allow me to release me resentment so that it no longer has a hold on my life.

Friday, February 3

2 Corinthians 13:5a

Examine yourselves to see whether you are in the faith; test yourselves.

Talk-bit: In what ways do you know that you have faith in Christ?

Prayer: Lord, help me to examine myself to know that I am living my life with faith in Jesus Christ.

Saturday, February 4

Ephesians 4:31

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.

Talk-bit: In our self-examination we may find that we are holding grudges against others. Toward whom or what do you feel bitterness, anger, rage, or other forms of malice?

Prayer: Loving God, help me to identify those who I need to forgive, so that I may forgive as you have forgiven me.