



“...HAVING HEARD THE WORD WITH A NOBLE AND GOOD HEART, KEEP IT AND BEAR FRUIT WITH PATIENCE.” – LUKE 8:15



Know Yourself

Modern Challenges

- ▶ Social media
- ▶ Superficial identity markers
- ▶ Busyness and overactivity

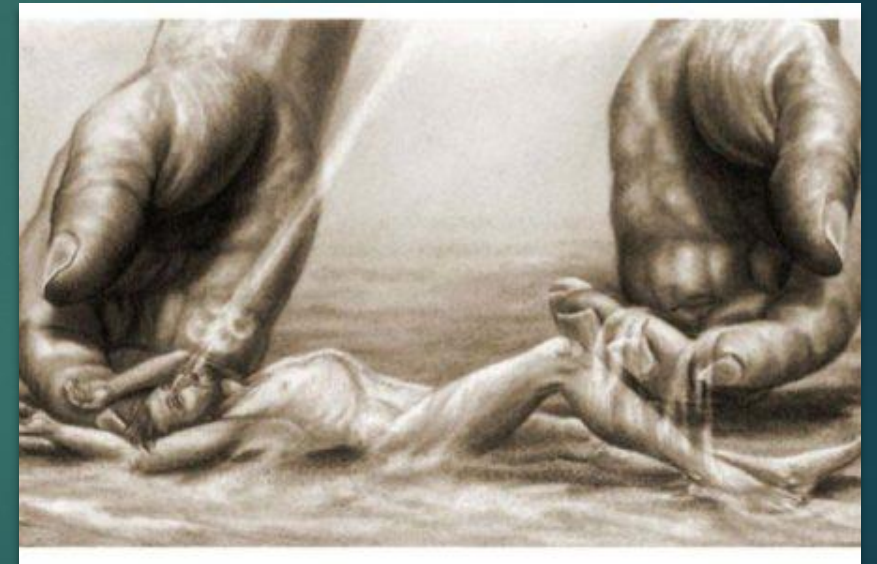


Sayings from the Church Fathers

- ▶ *“The man who is worthy to envision himself is greater than he who thinks that he is worthy to see the angels... And he who is considered worthy to see his sins, is greater than he who raises the dead with his prayers.” (St. Isaac the Syrian)*
- ▶ *“The mind that never neglects examining himself and quest for the Lord avails to gain possession of his own soul (the soul that was in the perdition of the passions) by always offering himself as a captive to the Lord's love, with absolute zeal and strength, and by clinging to Him only.” (St. Macarius the Great)*
- ▶ *“Let your first priority be not to deceive yourself.” (St. Melito, Bishop of Sardis)*
- ▶ *“Grant, Lord, that I may know myself that I may know You.” (St. Augustine)*

Know your value in God's eyes

- ▶ Who am I?
- ▶ *“Truly man is valuable in God's eyes because he is His handiwork. When God made everything, He did so, saying “Let there be” (He just ordered and so it was), but when it came to human beings, He created Him by Himself, with His hands, and He breathed into Him. What God shaped was according to His image. Yet He created man Himself out of His yearning within Himself, unlike the rest of the creatures.” (St. Clement of Alexandria)*
- ▶ How can we care for something we do not know?
 - ▶ **“You shall love your neighbor as yourself.” (Matt. 22:39)**





How to know yourself? Divine Enlightenment

- ▶ “For You will light my lamp; The LORD my God will enlighten my darkness.” (Ps. 18:28)
- ▶ “Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.” (Ps. 139:23-24)

How to know yourself? Judge Yourself

- ▶ “For if we would judge ourselves, we would not be judged.” (1 Cor. 11:31)
- ▶ *He did not say: “If we have punished ourselves,” or “If we have took retribution from our souls”, but rather He said, “If only we would desire to realize our rebellion, and judge ourselves in truth, and condemn those things we did in a sinful way, we could have gotten rid of the punishment in this world and the next.” Whoever condemns himself gains God. He benefits in two ways: firstly he acknowledges his present sins, and secondly he will be cautious in the future.” (St. John Chrysostom)*

How to know
yourself?

**Care for yourself
and not your
belongings**

- ▶ “For what will it profit a man if he gains the whole world, and loses his own soul?” (Mk. 8:36)
- ▶ *“The Holy Scriptures caution you about the importance of caring for your soul; not about the body or the matters related to the body, such as health, beauty, lusts, and the long life. Likewise, you should not give much importance to wealth, glory, or power or such matters related to the earthly life. Rather you should care about your soul above everything else, for she is your most valuable treasure. Decorate her with virtues, purify her from sin, and adorn her with the beauty of moral excellence, which is more magnificent than all other ornaments. Meditate deeply on this thought: because the body will decompose, but the soul is eternal.” (St. Basil the Great)*

AIDS TO KNOWING YOURSELF

1. Ask God in Prayer
2. Schedule Quiet Time
3. Examine yourself honestly
 - ▶ "Humility is the foundation of self-knowledge. As we embrace virtue and humility, we align ourselves with the divine image within us."
(St. Gregory of Nyssa)
4. Judge yourself
5. Care for your soul
6. Hope in God