

## Assessing Yourself

1 Corinthians 11:27 – 28, “Therefore, whoever eats this bread and drinks this cup of the Lord in an unworthy manner will be guilty of the body and blood of the Lord. However, let a man *assess* himself and so let him eat out of the bread and drink out of the cup.” This assessment should be a positive experience, not fault finding.

Galatians 6:3 – 4, “For if anyone thinks himself to be something when he is nothing, he deceives himself. But let each one *assess* his own work, and then he will have rejoicing in himself alone, and not in another.” Assessment leads to rejoicing, not beating yourself up.

1 Corinthians 12:22 – 23, “Those members of the body which seem to be weaker are necessary. And those members of the body which we *assess* to be less honorable, on these we bestow greater honor.” This assessment is not in terms of notoriety or accomplishment.

2 Corinthians 13:5, “Examine yourselves as to whether you are in the faith. *Assess* yourselves. Do you not know yourselves, that Jesus Christ is in you? – unless indeed you are disqualified.” Seeing the Spirit working in yourself should be a no-brainer that promotes a positive self-assessment.

How do I know the Spirit is in me? Romans 8:13, 1 John 4:12 – 13, 1 John 3:23 - 24

Ephesians 5:8 – 10, “For you were once darkness, but now you are light in the Lord. Walk as children of light (for the fruit of the light is in all goodness, righteousness, and truth), *assess* what is acceptable to the Lord.” We are capable of making that assessment.

Philippians 1:9 – 10, “And this I pray, that your love may abound still more and more in knowledge and all discernment, that you may *assess* the things that are excellent, that you may be sincere and without offense till the day of Christ.” We are capable.

1 Thessalonians 5:21, “*Assess* all things; hold fast to what is good.”

Romans 12:2, “Do not be conformed to this world, but be transformed by the renewing of your mind, that you may *assess* what is the good and acceptable and consistent will of God.” Renewal gives us the skills to assess.