



# Keeping a Holy Lent #5 Self Examination



# Recap

- Fasting—something good, something noticeable, something that will pinch.
- Almsgiving—a specific form of fasting targeting wealth.



# Recap

- Prayer—a focused, intentional conversation with God
- Scripture Reading—the *ordinary* way of listening to God's voice



# Self Examination

A wooden cross is centered in the background. At the top of the cross is a crown of thorns. A purple cloth is draped over the horizontal beam of the cross, with the ends hanging down. The background is a solid dark grey.

- A fifth traditional Lenten observance.

# What is Self Examination?



- Self Examination is not. . . .
- Unhealthy Preoccupation
- A Spiritual Balance Sheet
- The Lutheran “itch.”

# What is Self Examination



- Self Examination is. . .
  - An expression of gratitude.
  - The way of repentance.



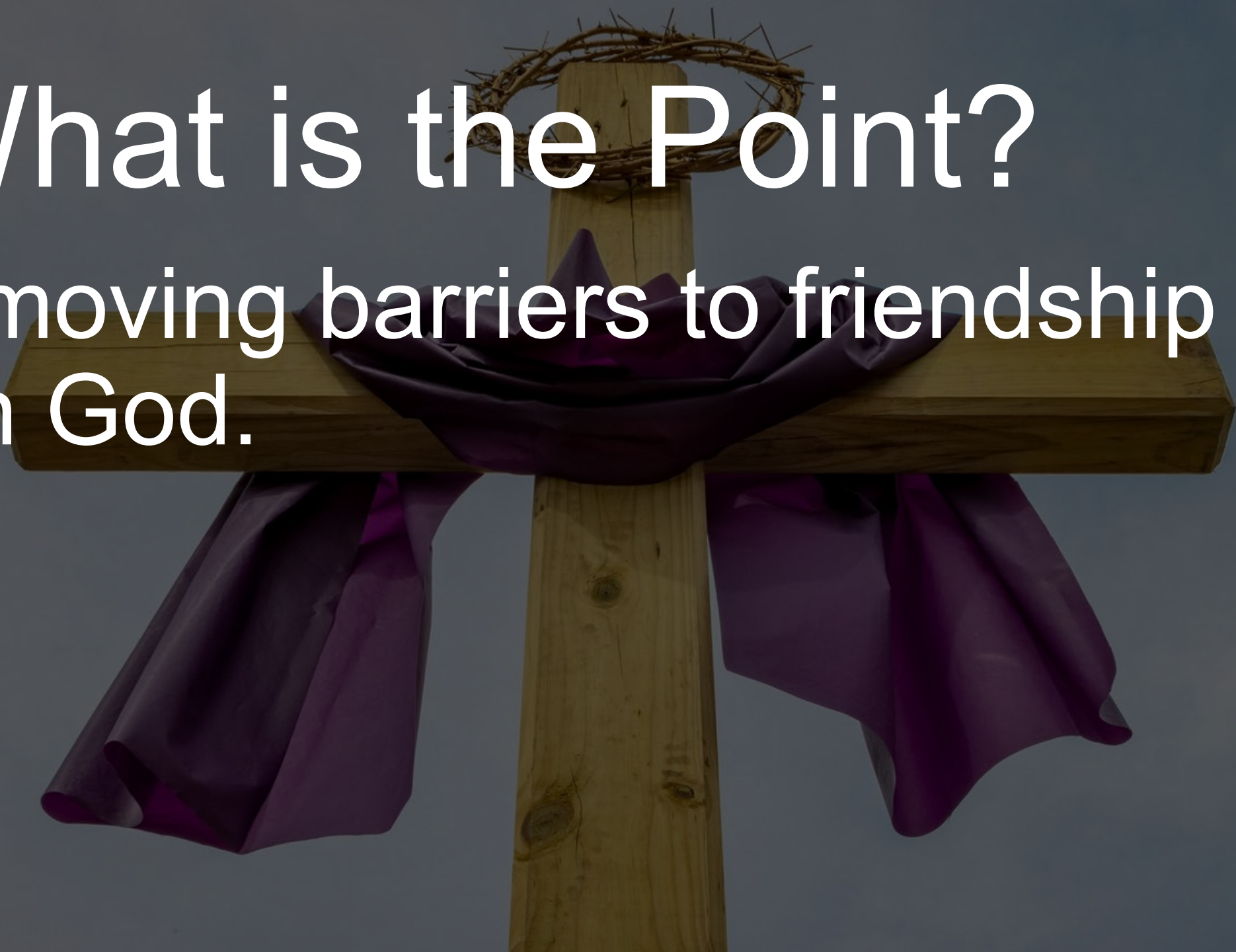
# What is the Point?



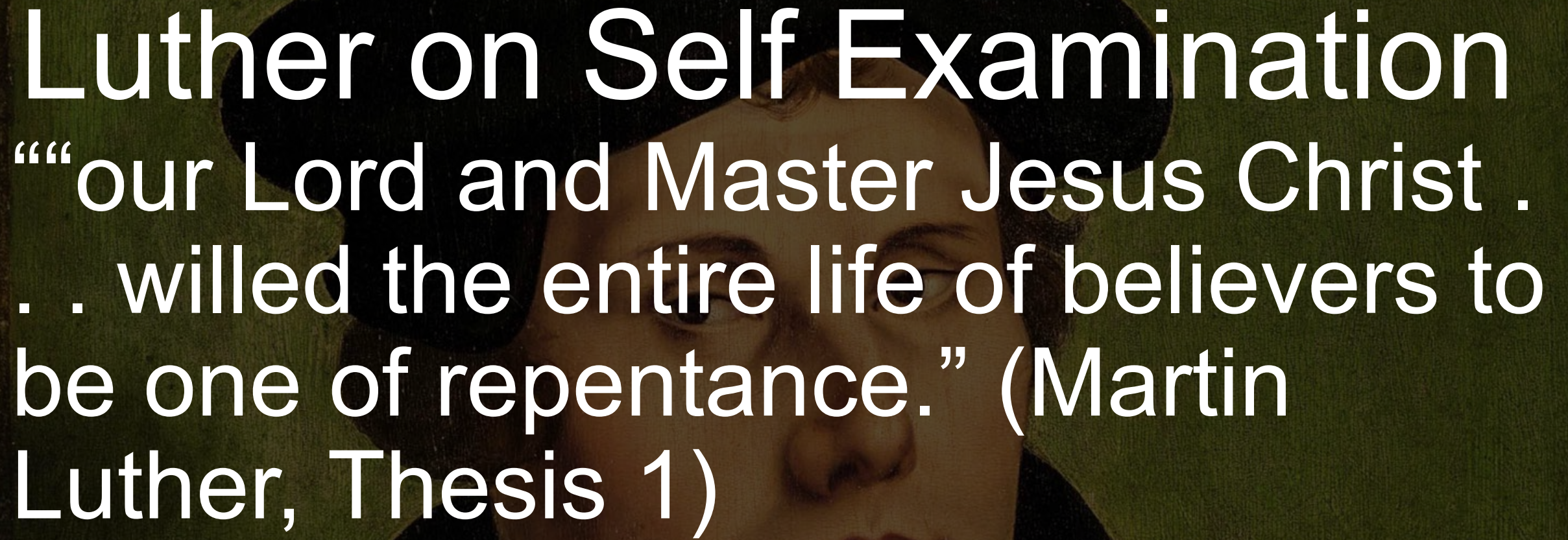
- Fasting and Almsgiving are about emptying.
- Prayer and Scripture reading are about filling.
- Self examination is about growing.

# What is the Point?

- Removing barriers to friendship with God.





A portrait of Martin Luther, a German monk, priest, and theologian. He is shown from the chest up, wearing a black cap and a dark, high-collared garment. His expression is serious and contemplative. The background is a dark, textured green.

Luther on Self Examination  
““our Lord and Master Jesus Christ .  
. . willed the entire life of believers to  
be one of repentance.” (Martin  
Luther, Thesis 1)



# How to Examine



- Luther's "Twenty Questions"
  - "for those who intend to go to the sacrament."
- Examination and Grace
- Examination and Rest

# How to Examine



- “How is it with your soul?”
- Where today did I turn away from God and toward sin?
- Where today did I turn away from sin and toward God?