

Living an Examined Life

1 Peter 4:8 *Above all things*, keep loving one another earnestly [constantly, strenuously, intensely], since love covers a multitude of sins [it overlooks unkindness and unselfishly seeks the best for others].

John 13:35 By this all people will know that you are my disciples, if you have love for one another.

Chambers, “The true test of a saint’s life is not successfulness but faithfulness on the human level of life...Our human relationships are the very conditions in which the ideal life of God should be exhibited.”

Product warning label:

- **May cause drowsiness.**
- **May cause irritation.**
- **Misuse may cause injury or death.**
- **May contain nuts.**
- **May cause potentially serious side effects.**
- **Not for human consumption.**

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Self-aware, not self-centered



**“Blessed are the pure in heart: for they shall see
God.” Matthew 5:8**

“These people honor me with their lips, but their hearts are far from me.” Matthew 15:8

“Oh, the comfort, the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts, nor measure words, but to pour them all out just as they are, chaff and grain together knowing that a faithful hand will take and sift them, keep what is worth keeping, and then, with the breath of kindness blow the rest away.” Dinah Craik

Wounds come from a moment in time when someone impacts your heart in a unhealthy or unhelpful way, and a lie about you, God, or others takes root.

“Friends connect with the uniqueness already stamped into each other’s make-up by the Holy Spirit and envision what the Spirit has designed them to become.”

Henry David Thoreau, “Friends... they cherish one another's hopes. They are kind to one another's dreams.”

**What has God deposited in them that He wants
me to **called out**?**

**What has God spoken to them that He wants me
to **confirm**?**

**What have they experienced in which they need
comfort?**

Questions:

- **Who has God placed in your relational circle / life / your kingdom?**
- **What relationships are you most concerned about?**
- **Do you know their deepest wounds (and the lies) and their deepest desire for goodness?**
- **What have people (wife, kids, counselors, pastors, friends) said to you about what you like to be around?**
- **What is hard for you in relationships? What is working against you?**

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