



**Know Yourself**

**“It is then, as appears, the greatest of  
all lessons to  
know one’s self.**

**For if one knows himself, he will  
know God;**

**and**

**by knowing God, he will be made like  
God.”**

**St Clement of Alexandria**





**“How can you draw close to  
God when you are far from  
your own self?**

**Grant Lord, that I may know  
myself so that I may know  
You.”**

*St Augustine*

**“He who knows himself knows  
God.”**

*St Anthony*

**“Behold, You desire truth in the  
inner being; make me therefore  
to know wisdom in my inmost  
heart.”**

*Psalm 51:6*

**“The glory of God is a human  
being fully alive.”**

*Iraneaus*



**“For God so loved the world that  
He gave His only begotten Son,  
that whoever believes in Him  
should not perish but have  
everlasting life.**

**For God did not send His Son into  
the world to condemn the world,  
but that the world through Him  
might be saved”**

*John 3:16-17*

**“Become what you already are  
Find Him who is already yours  
Listen to Him who never ceases  
speaking to you  
Own Him who already owns  
you”**

*St Gregory of Sinai*



- 1. Using God to run from God**
- 2. Ignoring emotions of Anger, Sadness,  
and Fear**
- 3. Spiritualizing away conflict**
- 4. Covering our brokenness, weaknesses,  
and failures**

Long enough, God—  
you've ignored me long enough.  
I've looked at the back of your head  
long enough. Long enough  
I've carried this ton of trouble,  
lived with a stomach full of pain.  
Long enough my arrogant enemies  
have looked down their noses at me.  
Take a good look at me, God, my God;  
I want to look life in the eye,  
So no enemy can get the best of me  
or laugh when I fall on my face.

How long, O Lord? Will You forget me forever?  
How long will You hide Your face from me?  
How long shall I take counsel in my soul,  
Having sorrow in my heart daily?  
How long will my enemy be exalted over me?  
Consider and hear me, O Lord my God;  
Enlighten my eyes,  
Lest I sleep the sleep of death;  
Lest my enemy say,  
“I have prevailed against him”;  
Lest those who trouble me rejoice when I am  
moved.

*Psalm 13:1-4*

God, God . . . my God!

Why did you dump me miles from nowhere?

Doubled up with pain, I call to God all the day long. No answer. Nothing.

I keep at it all night, tossing and turning.

My God, My God, why have You forsaken  
Me?

Why are You so far from helping Me,  
And from the words of My groaning?

My God, I cry in the daytime, but You do not  
hear;

And in the night season, and am not silent.

*Psalm 22:1-2*



“... And I will give him a white stone, and on the stone a new name written which no one knows except him who receives it.”

*Revelation 2:17*