



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