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