

Yourself: Know it – Accept it – Sacrifice it

Objective:

1. To show the value of the self in light of Christ.

Memorization verse:

“For you were bought at a price; therefore, glorify God in your body and in your spirit which are God’s”
(1 Corinthians 6:20)

Introduction:

1. Define what the word “self” means to you?
 - a. Soul?
 - b. Looks?
 - c. Character?
 - d. Values?
 - e. Beliefs?
 - f. Weaknesses?
 - g. Strengths?
 - h. Can any of the above be changed? If so, how?

Know yourself:

1. Seeing ourselves as we are in reality and truth is a matter of great importance.
2. The family, school, friends as well as social and mental powers make man in alienation from himself.
 - a. You are never wrong.
 - b. You should always debate and argue for your point of view even if it is incorrect.
 - c. Don’t accept the fact that you were wrong.
 - d. Accepting criticism from others could be taken as lowering your self-esteem.
 - A. You have trusted in your wickedness and have said, 'No one sees me.' Your wisdom and **knowledge** mislead you when you say to **yourself**, 'I am, and there is none besides me.' (Isaiah 47:10)
3. It is possible for a man to know himself by self-examination, self-knowledge, self-perception and self-awareness.
 - a. “For what **man knoweth** the things of a **man**, save the spirit of **man** which is in him? Even so the things of God **knoweth** no **man**, but the Spirit of God.” (1 Corinthians 2:11)
4. It is impossible for a man to have true practical real honest perception without perceiving God, as the Lord who created the self (soul) in His image and after His likeness, calmness, solitude and eternity.

5. Man may go deep into his innate life to find out the beauty of his soul and the beauty of his talents.
6. Also perceive the ugliness of sin and how it deforms the godliness and purity of the soul.
7. When man has a true knowledge of himself, the virtue of true lowliness become easy to apply.
 - a. That he would grant you, according to the riches of his glory, to be strengthened with might by his **Spirit** in the **inner** man; (Ephesians 3:16)
8. Man's self-knowledge is not only a psychological demand; it is also a spiritual demand. It is not knowledge that comes through the mind and the mental model only but it is a test that is guided by the spirit, the mind and also inspiration.

Accept yourself:

1. The most difficult matter in the spiritual and psychological life is for man to accept himself after he knows it very well.
2. As the image we have of ourselves gives us an unreal idea about ourselves so if we face ourselves with their reality we become upset and confused.
3. That is why a man of the world keeps away from the prayer room and the confession seat. He also keeps away from the calm constructive criticism. He finds comfort in the friends who praise him and means of amusement and luxury that keep him away from his roots and depths.
 - a.
 - b. "Therefore if any man be in Christ, he is a new creature: old **things** are passed away; behold, **all things** are become new." (2 Corinthians 5:17)
4. Some people may argue saying that if we accept ourselves as they are, all the struggles will collapse, as when we accept ourselves we feel comfort.
 - a. The answer to this argument is that we need a powerful incentive to make progress beginning from the real and progressing to the wider horizon.
 - i. "Wherefore, beloved, seeing that ye **look** for such things, be diligent that ye may be found of him in peace, without spot, and blameless." (2 Peter 3:14)
5. If man does not accept himself, he cannot accept others as they are.
6. He is annoyed with those who oppose him and keep him away from those who do not agree with him.
 - a. This is the reason behind the absence of unity among many people and this is the reason of failed marriage.
7. If the Lord accepts us as we are, why don't we accept people as they are?
8. If the Lord alone is able to change others, why do we rebel against the people around us and demand that they should be like us?
 - a. In this, St. Paul the Apostle says: "Therefore receive one another, just as Christ also received us, to the glory of God" (Romans 15:7).
9. This acceptance does not mean refraining from guidance, education, advice and instruction. These spiritual and educational processes cannot be achieved and their goal cannot be attained unless man welcomes those who direct and guide him. For Christ our Lord adopted our issue and bore our sin till death and grant us instruction and a way of life.

Sacrifice Yourself:

1. Self-sacrifice means submitting your life to God and forgetting about our fears, our longings and the schemes for the future.
2. Self-sacrifice is perpetual submission to the will of God in the events that occur around Him and also yielding completely to the Divine Plan.
3. Self-sacrifice means offering the whole being to God,
4. Self-sacrifice is not practiced by words but by living and suffering the real situations of life.
5. When we pray, we show contribution before the Lord and attain the power of sacrifice and the mystery of love
6. When we work, we forgive others their weakness – we do not envy or grudge – we do not ask for what is theirs.
7. In times of afflictions and pain, we offer thanks and show forbearance as an evidence of absolute submission..

Conclusion:

“It is no longer I who live, but Christ Who lives in me.”

Application:

- Examine yourself to discover your weaknesses and talents.
- Offer true repentance before your confessor and be sure of forgiveness and Divine acceptance after confessing and receiving the Holy Communion.
- Practice the works of sacrifice, giving and service with the spirit of meekness and lowliness as an echo of God’s love for us, so that God’s purpose is achieved in our life.