



Self-Examination of Truth Pt.1

“Patience and Humility”

An Encouragement

James 1:2

My brethren, count it all joy when ye fall into divers temptations;

James 1:3 Knowing this, that the trying of your faith worketh patience.

James 1:4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

- **Patience:** is the ability to remain calm, composed, and tolerant in the face of difficulty, delay, or suffering without becoming upset, annoyed, or angry. It is a virtue that involves quiet, steady perseverance, self-control, and acceptance. For example, patience is needed to endure a long wait, deal with a slow learner, or work towards a difficult long-term goal.

Key Aspects of Patience

- **Tolerance and Acceptance:** Patience involves accepting unfavorable circumstances or delays rather than reacting with frustration.
- **Self-Control:** It requires controlling one's temper and impulses when faced with provocation, stress, or annoyance.
- **Perseverance:** The ability to continue working towards a goal or enduring a situation with quiet, steady care and diligence.
- **Inner Peace:** Patience is often linked to finding inner peace and remaining calm, even when things don't go as planned.

Testament of Joseph 10:1-2

1 Ye see, therefore, my children, how great things patience worketh, and prayer with fasting.

2 So ye too, if ye follow after chastity and purity

- **Purity:** freedom from contamination, mixture, or corruption



with patience and prayer, with fasting in humility of heart, the Lord will dwell among you, because He loveth chastity.

The Power of Silence Within

Acts of Peter 30

...but with that voice do I give thee thanks, O King, which is perceived (understood) in silence, which is not heard openly, which proceedeth not forth by organs of the body, which goeth not into ears of flesh, which is not heard of corruptible substance, which existeth not in the world, neither is sent forth upon earth, nor written in books, which is owned by one and not by another: but with this, O Yache Christ, do I give thee thanks, with the silence of a voice, wherewith the spirit that is in me loveth thee, speaketh unto thee, seeth thee, and beseecheth thee. Thou art perceived of the spirit only, thou art unto me father, thou my mother, thou my brother, thou my friend, thou my bondsman, thou my steward: thou art the All and the All is in thee: and thou Art, and there is nought else that is save thee only. Unto him therefore do ye also, brethren, flee, and if ye learn that in him alone ye exist, ye shall obtain those things whereof he saith unto you: 'which neither eye hath seen nor ear heard, neither have they entered into the heart of man.'

Testament of Naphtali 3:1

1 Be ye, therefore, not eager to corrupt your doings through covetousness or with vain words to beguile your souls; because if ye keep silence in purity of heart, ye shall understand how to hold fast the will of Alahayim, and to cast away the will of Beliar.



Understanding Humility

Humility is characterized by a realistic self-perception, gratitude, and a willingness to learn and grow, which manifests in qualities such as admitting mistakes, accepting feedback, empathy, and prioritizing others' well-being. It involves letting go of arrogance and entitlement, treating others with respect, and being helpful without seeking praise.

Qualities of Humility

Humility is a quality characterized by a modest or low view of one's own importance; it involves acknowledging one's own limitations and imperfections, being open to learning from others, and recognizing that one is not superior to others. Humble individuals are often grateful, empathetic, and willing to admit mistakes. They prioritize the needs of others, are respectful, and seek to build others up rather than focusing on personal gain.

1. Accurate Self-Perception:

- **Self-awareness:** Understanding one's strengths and weaknesses without exaggeration or self-deprecation.
- **Accepting limitations:** Recognizing that one is not perfect and acknowledging areas where improvement is needed.
- **Not comparing oneself to others:** Understanding that each person has their own unique journey and value.

2. Openness and Learning:

- **Willingness to learn:** Seeking knowledge and perspectives from others, even those who may be different or have less experience.
- **Intellectual humility:** Recognizing the limits of one's own knowledge and being open to changing one's mind based on new information.
- **Active listening:** Paying close attention to what others are saying and valuing their input.

3. Consideration and Respect for Others:

- **Empathy:** Understanding and sharing the feelings of others.
- **Respect for others:** Treating everyone with courtesy and consideration, regardless of their background or status.
- **Putting others first:** Prioritizing the needs and well-being of others, often sacrificing personal gain for the benefit of the group.



- **Gratitude:** Appreciating the positive aspects of one's life and expressing thankfulness to others.

4. Modesty and Lack of Arrogance:

- **Modesty:** Not boasting about one's accomplishments or talents.
- **Avoiding arrogance:** Not acting superior to others or looking down on them.
- **Admitting mistakes:** Taking responsibility for errors and learning from them.
- **Accepting feedback:** Being open to constructive criticism and using it to improve.

5. Servanthood and Generosity:

- **Willingness to serve:** Helping others without expecting anything in return.
- **Generosity:** Sharing one's time, resources, or talents with others.
- **Forgiveness:** Letting go of resentment and anger towards others and self if that be the case.

6. Contentment and Peace:

- **Contentment:** Finding satisfaction in what one has rather than constantly striving for more.
- **Peacemaking:** Seeking to resolve conflicts and promote harmony.

Humility is a virtue that benefits both the individual and those around them. It fosters a more positive and supportive environment, promoting learning, growth, and stronger relationships especially helping to foster our relationship with Alahayim as he himself is humble and respects those like unto him to draw near to them.



Psalms 138:6

Though Ahayah be high, yet hath he respect unto the lowly: but the proud he knoweth afar off.

Psalms 85:8

I will hear what Ala Ahayah will speak: for he will speak peace unto his people, and to his saints: but let them not turn again to folly.

Psalms 85:9

Surely his salvation is nigh them that fear him; that glory may dwell in our land.

James 4:8

Draw nigh to Alahayim, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

Isaiah 66:1

Thus saith Ahayah, The heaven is my throne, and the earth is my footstool: where is the house that ye build unto me? and where is the place of my rest?

Isaiah 66:2 For all those things hath mine hand made, and all those things have been, saith Ahayah: but to this man will I look, even to him that is poor and of a contrite spirit, and trembleth at my word.

John 15:13-14

Greater love hath no man than this, that a man lay down his life for his friends. 14 Ye are my friends, if ye do whatsoever I command you.

Wisdom of Solomon 7:27-28

And being but one, she can do all things: and remaining in herself, she maketh all things new: and in all ages entering into holy souls, she maketh them friends of Alahayim, and prophets. 28 For Alahayim loveth none but him that dwelleth with wisdom.

Ecclesiasticus 13:16

All flesh consorteth according to kind, and a man will cleave to his like.

Isaiah 57:15

For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.



Job 33:27

He looketh upon men, and if any say, I have sinned, and perverted that which was right, and it profited me not;

Job 33:28 He will deliver his soul from going into the pit, and his life shall see the light.

John 8:12

Then spake Yache again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

John 14:23

Yache answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.

Isaiah 29:18

And in that day shall the deaf hear the words of the book, and the eyes of the blind shall see out of obscurity, and out of darkness.

Isaiah 29:19 The meek also shall increase their joy in Ahayah, and the poor among men shall rejoice in the Holy One of Israel.

Proverbs 24:16

For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

Rise H6965 (Strong

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A primitive root; to rise (in various applications, literally, figuratively, intensively and causatively): - abide, accomplish, X be clearer, confirm, continue, decree, .., endure, X ..enjoin, get up, make good, help, hold, (help to) lift up (again), make, X but newly, ordain, perform,, raise (up), rear (up), remain, (a-) rise (up) (again, against), rouse up, set (up), (e-) stablish, (make to) stand (up), stir up, strengthen, succeed, (as-, make) sure (-ly), (be) up (-hold, -rising).

Hebrews 12:12

Wherefore lift up the hands which hang down, and the feeble knees;

Hebrews 12:13 And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed.

Hebrews 12:14 Follow peace with all men, and holiness, without which no man shall see the Lord:

Hebrews 12:15 Looking diligently lest any man fail of the grace of Alahayim; lest any root of bitterness springing up trouble you, and thereby many be defiled;



Psalms of Solomon 3:4

4. The righteous despiseth not the chastening of Ahayah; His will is always before Ahayah.

Joseph and Asenath 7:6

6. For Joseph had Alahayim always before his eyes...

Testament of Joseph 11:1-2

1 Do ye also, my children, have the fear of Alahayim in all your works before your eyes, and honour your brethren. 2 For everyone who doeth the law of the Lord shall be loved by Him.

Testament of Benjamin 6

1 The inclination of the good man is not in the power of the deceit of the spirit of Beliar, for the angel of peace guideth his soul. 2 And he gazeth not passionately upon corruptible things, nor gathereth together riches through a desire of pleasure. 3 He delighteth not in pleasure, he grieveth not his neighbour, he sateth not himself with luxuries, he erreth not in the uplifting of the eyes, for the Lord is his portion. 4 The good inclination receiveth not glory nor dishonor from men,..

Col 3:22

Servants, obey in all things your masters according to the flesh; not with eyerservice, as menpleasers; but in singleness of heart, fearing Alahayim:

Col 3:23 And whatsoever ye do, do it heartily, as to the Lord, and not unto men

Testament of Benjamin 6:4

and it knoweth not any guile, or lie, or fighting or reviling; for the Lord dwelleth in him and lighteth up his soul, and he rejoiceth towards all men alway.

Ecclesiasticus 26:4

Whether a man be rich or poor, if he have a good heart toward the Lord, he shall at all times rejoice with a cheerful countenance.

Hermas Mandate 5

2[34]:3 But long-suffering is great and strong, and has a mighty and vigorous power, and is prosperous in great enlargement, gladsome, exultant, free from care, glorifying the Lord at every season, having no bitterness in itself, remaining always gentle and tranquil. This long-suffering therefore dwelleth with those whose faith is perfect.



Hermas Mandate 12

3[46]:1 "I would fain know, Sir," say I, "in what ways I ought to serve the good desire." "Listen," saith he; "practice righteousness and virtue, truth and the fear of the Lord, faith and gentleness, and as many good deeds as are like these. Practicing these thou shalt be well-pleasing as a servant of Alahayim, and shalt live unto Him; yea, and every one who shall serve the good desire shall live unto Alahayim."

Hermas Vision 3

8[16]:3 Hear now their employments. The first of them, the woman with the strong hands, is called Faith; through her are saved the elect of Alahayim.

8[16]:4 And the second, that is girded about and looketh like a man, is called Continence; she is the daughter of Faith. Whosoever then shall follow her, becometh happy in his life, for he shall refrain from all evil deeds, believing that, if he refrain from every evil desire, he shall inherit eternal life."

Testament of Benjamin 6:5

5 The good mind hath not two tongues, of blessing and of cursing, of contumely and of honor, of sorrow and of joy, of quietness and of confusion, of hypocrisy and of truth, [of poverty and of wealth]; but it hath one disposition, uncorrupt and pure, concerning all men. 6 It hath no double sight, nor double hearing; for in everything which he doeth, or speaketh, or seeth, he knoweth that the Lord looketh on his soul. 7 And he cleanseth his mind that he may not be condemned by men as well as by Alahayim.

Testament of Gad 5:3

For he that is just and humble is ashamed to do what is unjust, being reproved not of another, but of his own heart, because the Lord looketh on his inclination. 4 He speaketh not against a holy man, because the fear of Alahayim overcometh hatred.

Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

Testament of Gad 5:4

4 He speaketh not against a holy man, because the fear of Alahayim overcometh hatred. 5 For fearing lest he should offend the Lord, he will not do wrong to any man, even in thought.



Key aspects of Judging:

- **Forming an opinion:** It's about drawing a conclusion or making a decision about someone.
- **Focus on limited evidence:** Judgments are often based on visible behaviors or characteristics, not the full story or underlying factors.
- **Negative connotations:** In common usage, "judging" often carries a negative meaning, implying a critical assessment or putting someone down.
- **Assumptions and biases:** Judging can involve making quick, biased, or unfair assumptions about a person's character, intentions, or entire being.
- **Comparison:** It can involve comparing yourself or others to the person being judged.
- **Censure**-strong criticism or disapproval:

Testament of Asher 1:6-7

6 Therefore, if the soul take pleasure in the good (inclination), all its actions are in righteousness; and if it sin it straightway repenteth. 7 For, having its thoughts set upon righteousness, and casting away wickedness, it straightway overthroweth the evil, and uprooteth the sin.

Psalms of Solomon 3:5

5. The righteous stumbleth and holdeth Ahayah righteous: He falleth and looketh out for what Alahayim will do to him; 6. He seeketh out whence his deliverance will come.

Proverbs 9:8

Reprove not a scorner, lest he hate thee: rebuke a wise man, and he will love thee.

Lam 3:38

Out of the mouth of the most High proceedeth not evil and good?

Lam 3:39 Wherefore doth a living man complain, a man for the punishment of his sins?

Pro 9:8

Reprove not a scorner, lest he hate thee: rebuke a wise man, and he will love thee



Ecclesiasticus 17:25

Return unto the Lord, and forsake thy sins, make thy prayer before his face, and offend less.

Ecclesiasticus 17:24

But unto them that repent, he granted them return, and comforted those that failed in patience.

Lam 3:40

Let us search and try our ways, and turn again to Ahayah.

Lam 3:41

Let us lift up our heart with our hands unto Alahayim in the heavens.

Psalms 139:23-24

23 Search me, O Ala, and know my heart: try me, and know my thoughts:

24 And see if there be any wicked way in me, and lead me in the way everlasting

Psalms 119:59

I thought on my ways, and turned my feet unto thy testimonies.

Psalms 119:60

I made haste, and delayed not to keep thy commandments.