



# Self-Examination of Truth Pt. II

## “Self Examination & Examples of Charity”

1Jn 5:3

For this is the love of Alahayim, that we keep his commandments: and his commandments are not grievous.

- **Grievous**- weighty, that is, (figuratively) burdensome, grave: - grievous, heavy, weightier.

Matthew 11:29-30

Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

Ecclesiasticus 6:20

She is very unpleasant to the unlearned: he that is without understanding will not remain with her.

Ecclesiasticus 15:8

For she is far from pride, and men that are liars cannot remember her.

Proverbs 18:2

A fool hath no delight in understanding, but that his heart may discover itself.

Ecclesiasticus 21:19

Doctrine unto fools is as fetters on the feet, and like manacles on the right hand.

Ecclesiasticus 6:21-22

She will lie upon him as a mighty stone of trial; and he will cast her from him ere it be long. 22 For wisdom is according to her name, and she is not manifest unto many.

Testament of Judah 17:5

.. he hearkeneth not to a prophet when he speaketh, and resenteth the words of holiness. 6 For he is a slave to two contrary passions, and cannot obey Alahayim, because they have blinded his soul, And he walketh in the day as in the night.



Barn 16:7

I find then that there is a temple, How then shall it be built in the name of the Lord? Understand ye. Before we believed on Alahayim, the abode of our heart was corrupt and weak, a temple truly built by hands; for it was full of idolatry and was a house of demons, because we did whatsoever was contrary to Alahayim

Lev 26:39

And they that are left of you shall pine away in their iniquity in your enemies' lands; and also in the iniquities of their fathers shall they pine away with them.

Deu 4:28-29

And there ye shall serve alahayims, the work of men's hands, wood and stone, which neither see, nor hear, nor eat, nor smell. 29 But if from thence thou shalt seek Ahayah thy Alahayim, thou shalt find him, if thou seek him with all thy heart and with all thy soul.

Testament of Asher 2:3

3 And there is a man that loveth him that worketh evil, because he would prefer even to die in evil for his sake; and concerning this it is clear that it hath two aspects, but the whole is an evil work. 4 Though indeed he have love, yet is he wicked who concealeth what is evil for the sake of the good name, but the end of the action tendeth unto evil.

Testament of Asher 3:2, 1

2 But from wickedness flee away, destroying the (evil) inclination by your good works; for they that are double-faced serve not Alahayim, but their own lusts, so that they may please Beliar and men like unto themselves

1 But do not ye, my children, wear two faces like unto them, of goodness and of wickedness; but cleave unto goodness only, for Alahayim hath his habitation therein, and men desire it.

Lev 26:40

If they shall confess their iniquity, and the iniquity of their fathers, with their trespass which they trespassed against me, and that also they have walked contrary unto me;

Lev 26:41 And that I also have walked contrary unto them, and have brought them into the land of their enemies; if then their uncircumcised hearts be humbled, and they then accept of the punishment of their iniquity:

Lev 26:42 Then will I remember my covenant with Jacob, and also my covenant with Isaac, and also my covenant with Abraham will I remember; and I will remember the land.



Deu 4:30-31

When thou art in tribulation, and all these things are come upon thee, even in the latter days, if thou turn to Ahayah thy Alahayim, and shalt be obedient unto his voice; 31 (For Ahayah thy Alahayim is a merciful Ala;) he will not forsake thee, neither destroy thee, nor forget the covenant of thy fathers which he sware unto them.

2Co 13:4

For though he was crucified through weakness, yet he liveth by the power of Alahayim. For we also are weak in him, but we shall live with him by the power of Alahayim toward you.

Wisdom of Solomon 9:15

For the corruptible body presseth down the soul, and the earthy tabernacle weigheth down the mind that museth upon many things.

Ecclesiasticus 37:27-28

My son, prove thy soul in thy life, and see what is evil for it, and give not that unto it. 28 For all things are not profitable for all men, neither hath every soul pleasure in every thing.

Ecclesiasticus 32:20

Go not in a way wherein thou mayest fall, and stumble not among the stones.

Matthew 5:29

And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

2Co 13:5

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Yache Christ is in you, except ye be reprobates?

1Co 11:31

For if we would judge ourselves, we should not be judged.

1Co 11:32 But when we are judged, we are chastened of the Lord, that we should not be condemned with the world.

1Co 3:15

If any man's work shall be burned, he shall suffer loss: but he himself shall be saved; yet so as by fire



1 Corinthians 4:4

For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord.

1Co 8:1

Now as touching things offered unto idols, we know that we all have knowledge. Knowledge puffeth up, but charity edifieth.

1 Corinthians 4:6

And these things, brethren, I have in a figure transferred to myself and to Apollos for your sakes; that ye might learn in us not to think of men above that which is written, that no one of you be puffed up for one against another.

1 Corinthians 4:7 For who maketh thee to differ from another? and what hast thou that thou didst not receive? now if thou didst receive it, why dost thou glory, as if thou hadst not received it?

1 Thessalonians 5:6

Therefore let us not sleep, as do others; but let us watch and be sober.

1 Thessalonians 5:7 For they that sleep sleep in the night; and they that be drunken are drunken in the night.

1 Thessalonians 5:8 But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for an helmet, the hope of salvation.

1 Thessalonians 5:9 For Alahayim hath not appointed us to wrath, but to obtain salvation by our Lord Yache Christ,

1 Thessalonians 5:10 Who died for us, that, whether we wake or sleep, we should live together with him.

1 Thessalonians 5:11 Wherefore comfort yourselves together, and edify one another, even as also ye do.

Ecclesiasticus 6:23

Give ear, my son, receive my advice, and refuse not my counsel,

Ecclesiasticus 6:24 And put thy feet into her fetters, and thy neck into her chain.

Ecclesiasticus 6:25 Bow down thy shoulder, and bear her, and be not grieved with her bonds.

Ecclesiasticus 6:26 Come unto her with thy whole heart, and keep her ways with all thy power.

Ecclesiasticus 14:11

My son, according to thy ability do good to thyself, and give the Lord his due offering.



Psalms 18:31

For who is Aloha save Ahayah? or who is a rock save our Alahayim?

Psalms 18:32 It is Ala that girdeth me with strength, and maketh my way perfect.

Psalms 18:33 He maketh my feet like hinds' feet, and setteth me upon my high places.

Psalms 18:34 He teacheth my hands to war, so that a bow of steel is broken by mine arms.

Psalms 18:35 Thou hast also given me the shield of thy salvation: and thy right hand hath holden me up, and thy gentleness hath made me great.

Psalms 18:36 Thou hast enlarged my steps under me, that my feet did not slip.

1Co 13:4

Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,

1Co 13:5 Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil;

1Co 13:6 Rejoiceth not in iniquity, but rejoiceth in the truth;

1Co 13:7 Beareth all things, believeth all things, hopeth all things, endureth all things.

### **Examples of Charity**

1 Peter 3:7

Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

Psalms 32:8

I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.

Ecclesiasticus 36:23

If there be kindness, meekness, and comfort, in her tongue, then is not her husband like other men.

Ecclesiasticus 26:14

A silent and loving woman is a gift of the Lord; and there is nothing so much worth as a mind well instructed.

Ecclesiasticus 7:26

Hast thou a wife after thy mind? forsake her not: but give not thyself over to a light woman.

Ecclesiasticus 20:29

Presents and gifts blind the eyes of the wise, and stop up his mouth that he cannot reprove.



### Hermas Vision 3

3[7]:1 "But do thou, Hermas, no longer bear a grudge against thy children, neither suffer thy sister to have her way, so that they may be purified from their former sins. For they shall be chastised with a righteous chastisement, unless thou bear a grudge against them thyself. The bearing of a grudge worketh death. But thou, Hermas, hast had great tribulations of thine own, by reason of the transgressions of thy family, because thou hadst no care for them. For thou wast neglectful of them, and wast mixed up with thine evil transactions.

### Ecclesiasticus 26:9

The whoredom of a woman may be known in her haughty looks and eyelids.

Ecclesiasticus 26:10 If thy daughter be shameless, keep her in straitly, lest she abuse herself through overmuch liberty.

Ecclesiasticus 26:11 Watch over an impudent eye: and marvel not if she trespass against thee.

### Ecclesiasticus 25:25

Give the water no passage; neither a wicked woman liberty to gad abroad.

### Proverbs 7:11

(She is loud and stubborn; her feet abide not in her house:

Proverbs 7:12 Now is she without, now in the streets, and lieth in wait at every corner.)

### Ecclesiasticus 4:22

Accept no person against thy soul, and let not the reverence of any man cause thee to fall.

Ecclesiasticus 4:23 And refrain not to speak, when there is occasion to do good, and hide not thy wisdom in her beauty.

### Ecclesiasticus 4:20

Observe the opportunity, and beware of evil; and be not ashamed when it concerneth thy soul.

### Ecclesiasticus 4:27

Make not thyself an underling to a foolish man; neither accept the person of the mighty.

### Colossians 4:6

Let your speech be alway with grace, seasoned with salt, that ye may know how ye ought to answer every man.



1 Clem. 6:3

Jealousy hath estranged wives from their husbands and changed the saying of our father Adam, This now is bone of my bones and flesh of my flesh.

- "**Estranged**" means no longer friendly or close to someone, especially a family member, due to a loss of affection.

Testament of Reuben 7

4 For in fornication there is neither understanding nor holiness, and all jealousy dwelleth in the lust thereof.

Testament of Solomon 38.

Likewise, also the fourth said: "I cause men to forget their sobriety and moderation. I part them and split them into parties; for Strife follows me hand in hand. I rend the husband from the sharer of his bed, and children from parents, and brothers from sisters.

Amos 3:3

Can two walk together, except they be agreed?

Ecclesiasticus 37:16

Let reason go before every enterprise, and counsel before every action.

Proverbs 31:11-12

The heart of her husband doth safely trust in her, so that he shall have no need of spoil.  
12 She will do him good and not evil all the days of her life.

Ecclesiasticus 33:27-29

Send him to labour, that he be not idle; for idleness teacheth much evil. 28 Set him to work, as is fit for him: if he be not obedient, put on more heavy fetters. 29 But be not excessive toward any; and without discretion do nothing.

Amos 3:3

Can two walk together, except they be agreed?



2 Corinthians 6:14-17

Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? 15 And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? 16 And what agreement hath the temple of Alahayim with idols? for ye are the temple of the living Alahayim; as Alahayim hath said, I will dwell in them, and walk in them; and I will be their Alahayim, and they shall be my people. 17 Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,

Ecclesiasticus 25:26

If she go not as thou wouldest have her, cut her off from thy flesh, and give her a bill of divorce, and let her go.

1 Corinthians 7:16

For what knowest thou, O wife, whether thou shalt save thy husband? or how knowest thou, O man, whether thou shalt save thy wife?

Philemon 1:15

For perhaps he therefore departed for a season, that thou shouldest receive him for ever;

Polycarp to the Philippians 4:1

1 But the love of money is the beginning of all troubles. Knowing therefore that we brought nothing into the world neither can we carry anything out, let us arm ourselves with the armor of righteousness, and let us teach ourselves first to walk in the commandment of the Lord; 2 and then our wives also, to walk in the faith that hath been given unto them and in love and purity, cherishing their own husbands in all truth and loving all men equally in all chastity, and to train their children in the training of the fear of Alahayim.

Ignatius to Ephesians 10:2-3

2 Against their outbursts of wrath be ye meek; against their proud words be ye humble; against their railings set ye your prayers; against their errors be ye steadfast in the faith; against their fierceness be ye gentle. And be not zealous to imitate them by requital. 3 Let us show ourselves their brothers by our forbearance; but let us be zealous to be imitators of the Lord, vying with each other who shall suffer the greater wrong, who shall be defrauded, who shall be set at nought; that no herb of the devil be found in you: but in all purity and temperance abide ye in Christ Yache, with your flesh and with your spirit.





Rom 15:2

Let every one of us please his neighbour for his good to edification.

Rom 15:3 For even Christ pleased not himself; but, as it is written, The reproaches of them that reproached thee fell on me.

2Pe 2:10

But chiefly them that walk after the flesh in the lust of uncleanness, and despise government. Presumptuous are they, selfwilled, they are not afraid to speak evil of dignities

### **G829 (Strong)**

αὐθάδης

authadēs

*ow-thad'-ace*

From G846 and the base of G2237; *self pleasing*, that is, *arrogant*: - self-willed.

1 John 4:20

If a man say, I love Alahayim, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love Alahayim whom he hath not seen?

1 John 4:21 And this commandment have we from him, That he who loveth Alahayim love his brother also.

1 John 4:10

Herein is love, not that we loved Alahayim, but that he loved us, and sent his Son to be the propitiation for our sins.

1 John 4:11 Beloved, if Alahayim so loved us, we ought also to love one another.

1 John 4:12 No man hath seen Alahayim at any time. If we love one another, Alahayim dwelleth in us, and his love is perfected in us.

1 John 4:19

We love him, because he first loved us.

1 John 5:1

Whosoever believeth that Yache is the Christ is born of Alahayim: and every one that loveth him that begat loveth him also that is begotten of him.

1 John 5:2 By this we know that we love the children of Alahayim, when we love Alahayim, and keep his commandments.

1 John 5:3 For this is the love of Alahayim, that we keep his commandments: and his commandments are not grievous.



Deuteronomy 28:45

Moreover all these curses shall come upon thee, and shall pursue thee, and overtake thee, till thou be destroyed; because thou hearkenedst not unto the voice of Ahayah thy Alahayim, to keep his commandments and his statutes which he commanded thee:

Deuteronomy 28:47

Because thou servedst not Ahayah thy Alahayim with joyfulness, and with gladness of heart, for the abundance of all things;

1 John 5:18

We know that whosoever is born of Alahayim sinneth not; but he that is begotten of Alahayim keepeth himself, and that wicked one toucheth him not.

1 John 5:21

Little children, keep yourselves from idols. Amen.

Hermes Vision 2

3[7]:1 "But do thou, Hermas, no longer bear a grudge against thy children, neither suffer thy sister to have her way, so that they may be purified from their former sins. For they shall be chastised with a righteous chastisement, unless thou bear a grudge against them thyself. The bearing of a grudge worketh death. But thou, Hermas, hast had great tribulations of thine own, by reason of the transgressions of thy family, because thou hadst no care for them. For thou wast neglectful of them, and wast mixed up with thine evil transactions.

Hermas Vision 1

3:2 But the great mercy of the Lord had pity on thee and thy family, and will strengthen thee, and establish thee in His glory. Only be not thou careless, but take courage, and strengthen thy family. For as the smith hammering his work conquers the task which he wills, so also doth righteous discourse repeated daily conquer all evil. Cease not therefore to reprove thy children; for I know that if they shall repent with all their heart, they shall be written in the books of life with the saints."

Hermas Vision 2

3[7]:2 But herein is thy salvation, in that thou didst not depart from the living Alahayim, and in thy simplicity and thy great continence. These have saved thee, if thou abidest therein; and they save all who do such things, and walk in guilelessness and simplicity. These men prevail over all wickedness, and continue unto life eternal.

3[7]:3 Blessed are all they that work righteousness. They shall never be destroyed.

Hebrews 13:16

But to do good and to communicate forget not: for with such sacrifices Alahayim is well pleased.



2 Corinthians 11:3

But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.

Ephesians 4:21

If so be that ye have heard him, and have been taught by him, as the truth is in Yache:

Ephesians 4:22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

Ephesians 4:23 And be renewed in the spirit of your mind;

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of Alahayim.

Hermas Parable 7

1[66]:3 I say to him; "Sir, if they perpetrated such deeds that the glorious angel is embittered, what have I done?" "They cannot be afflicted otherwise," saith he, "unless thou, the head of the [whole] house, be afflicted; for if thou be afflicted, they also of necessity will be afflicted; but if thou be prosperous, they can suffer no affliction."

Colossians 3:19

Husbands, love your wives, and be not bitter against them.

1 Peter 3:7

Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.

ODE of Solomon 13:1-4

1. Behold, the Lord is our mirror. Open (your) eyes and see them in him. 2. And learn the manner of your face, then announce praises to his Spirit. 3. And wipe the paint from your face, and love his holiness and put it on. 4. Then you will be unblemished at all times with him. Haluluyah.

Sir 10:18

Pride was not made for men, nor furious anger for them that are born of a woman.

Wis 11:23

But thou hast mercy upon all; for thou canst do all things, and winkest at the sins of men, because they should amend.



Sir 28:6

Remember thy end, and let enmity cease; remember corruption and death, and abide in the commandments.

Ecclesiasticus 28:2

Forgive thy neighbour the hurt that he hath done unto thee, so shall thy sins also be forgiven when thou prayest.

Ecclesiasticus 28:3 One man beareth hatred against another, and doth he seek pardon from the Lord?

Ecclesiasticus 28:4 He sheweth no mercy to a man, which is like himself: and doth he ask forgiveness of his own sins?

Ecclesiasticus 28:5 If he that is but flesh nourish hatred, who will intreat for pardon of his sins?

Ecclesiasticus 28:1

He that revengeth shall find vengeance from the Lord, and he will surely keep his sins in remembrance.

Testament of Gad 3:1

1 And now, my children, hearken to the words of truth to work righteousness, and all the law of the Most High, and go not astray through the spirit of hatred, for it is evil in all the doings of men. 2 Whatsoever a man doeth the hater abominateth him: and though a man worketh the law of the Lord, he praiseth him not; though a man feareth the Lord, and taketh pleasure in that which is righteous, he loveth him not. 3 He dispraiseth the truth, he envieth him that prospereth, he welcometh evil-speaking, he loveth arrogance, for hatred blindeth his soul;...

Sir 28:7

Remember the commandments, and bear no malice to thy neighbour: remember the covenant of the Highest, and wink at ignorance.

Luk 6:36

Be ye therefore merciful, as your Father also is merciful.

Luk 6:37

Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:

Luk 6:38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.



Mat 7:3

And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?

Mat 7:4 Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and, behold, a beam is in thine own eye?

Mat 7:5 Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye.

Mat 7:6 Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

Gal 6:2

Bear ye one another's burdens, and so fulfil the law of Christ.

Gal 6:3 For if a man think himself to be something, when he is nothing, he deceiveth himself.

Gal 6:4 But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

Gal 6:5 For every man shall bear his own burden.

1 John 3:20-21

20 For if our heart condemn us, Alahayim is greater than our heart, and knoweth all things.

21 Beloved, if our heart condemn us not, then have we confidence toward Alahayim.

Hebrews 2:9

But we see Yache, who was made a little lower than the angels for the suffering of death, crowned with glory and honour; that he by the grace of Alahayim should taste death for every man.

Hebrews 2:10 For it became him, for whom are all things, and by whom are all things, in bringing many sons unto glory, to make the captain of their salvation perfect through sufferings.

Hebrews 2:11 For both he that sanctifieth and they who are sanctified are all of one: for which cause he is not ashamed to call them brethren,

Hebrews 2:12 Saying, I will declare thy name unto my brethren, in the midst of the church will I sing praise unto thee.

Hebrews 2:13 And again, I will put my trust in him. And again, Behold I and the children which Alahayim hath given me.

1 John 1:9

9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.



Psalm 32:5

5 I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto Ahayah; and thou forgavest the iniquity of my sin. Selah.

Ezk 18:27

Again, when the wicked man turneth away from his wickedness that he hath committed, and doeth that which is lawful and right, he shall save his soul alive.

Ezk 18:28 Because he considereth, and turneth away from all his transgressions that he hath committed, he shall surely live, he shall not die.

Ezk 18:21 But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die.

Ezk 18:22 All his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live.

Ezk 18:23 Have I any pleasure at all that the wicked should die? saith the Lord Ahayah: and not that he should return from his ways, and live?

Ezk 33:14 Again, when I say unto the wicked, Thou shalt surely die; if he turn from his sin, and do that which is lawful and right;

Ezk 33:15 If the wicked restore the pledge, give again that he had robbed, walk in the statutes of life, without committing iniquity; he shall surely live, he shall not die.

Ezk 33:16

None of his sins that he hath committed shall be mentioned unto him: he hath done that which is lawful and right; he shall surely live.

Ezk 18:24

But when the righteous turneth away from his righteousness, and committeth iniquity, *and* doeth according to all the abominations that the wicked *man* doeth, shall he live?

All his righteousness that he hath done shall not be mentioned: in his trespass that he hath trespassed, and in his sin that he hath sinned, in them shall he die.

Ezk 18:25 Yet ye say, The way of the Lord is not equal. Hear now, O house of Israel; Is not my way equal? are not your ways unequal?

Ezk 18:26 When a righteous man turneth away from his righteousness, and committeth iniquity, and dieth in them; for his iniquity that he hath done shall he die.

Ezk 18:27 Again, when the wicked man turneth away from his wickedness that he hath committed, and doeth that which is lawful and right, he shall save his soul alive.



## What is Self-Examination

Self-examination is the act of checking one's body for signs of disease or the process of reflecting on one's own character, actions, and thoughts...

### **Reflective self-examination**

- **Purpose:** To evaluate one's own character, values, and behavior to understand oneself better.
- **Examples:**
  - Analyzing your strengths and weaknesses to measure personal growth.
  - Contemplating your actions and decisions to ensure they align with your personal values.
  - Using self-observation to improve performance in personal or professional situations.

### **Synonyms for self-examination**

Contemplation, Reflection, Introspection, Soul-searching, Self-scrutiny, and Meditation