

Socrates asserted that “the unexamined life is not worth living” – it is a wasted life. Self-examination is also a basic part of Christian ethos (2 Co. 13:5). Scripture places significant emphasis on people examining themselves and having an enlightened, honest awareness of exactly who and what they are. That theme runs throughout Scripture (Ge. 24:63; Ps. 63:6; 2 Co. 13:5).

From early infancy, we are quite self-aware of our own wants, yet often without any profound self-knowledge. There is very little ‘knowing thyself’ in this type of self-attention. As adults, we often think and even meditate on *indulging* the self rather than on *divulging* the self to the mind. We end up so thoroughly aware of our wants, yet remain ignorant of who and what we really are. We end up engorged with awareness of our self-centered desires, while virtually bankrupt in self-understanding. Weak and debased, proud and ignorant, we attempt to promote *the self*, while in every meaningful way, debasing that which we are promoting.

Yet there is hope. The Revelator of all wisdom (Phil. 3:15; Dan. 2:28, 47) will grant us understanding if we will seek it (Eph. 1:17-18; Mt. 7:7; Ja. 1:5). Do not flee from penetrating meditation or resist the Spirit’s leading us into greater self-awareness (1 Co. 2:11-14; 12:7-8). We can come to an enlightened awareness of who and what we are and what our spiritual needs are through *God-empowered meditation*.

How can we please God if we hide from the enlightenment, which will show us where we need God to change us? *Those that hide from meditation, hide from themselves* and are in effect, avoiding God’s grace and revelation and thus quench spiritual empowerment, which would otherwise, help them grow in grace and knowledge (1 Th. 5:19; Jn 3:19) and bring them to the inner joy that comes from fulfilling God’s will more perfectly. To seek this is an act of obedience. To resist this is to practice disobedience.

Our busy lives are likely no more so than were those of Isaac, David, Paul or Socrates. Let us ‘make the time’, whether early or late in our day, to meditate prayerfully on God’s work in our lives. The blessings for compliance are available for us to claim. If we reject this endeavor, we will live a greatly depleted and less fulfilling life, reducing intimacy with our creator. The choice is ours.