**5 Examining Ourselves Supplement Lesson**

2 Corinthians 13:5 “Examine yourselves, make sure you are in the faith.”

Psalm 26:2 “Examine me, O Lord, and prove me; try my mind and my heart.”

1 Corinthians 11:28 “Let a man examine himself, and so let him eat of that bread and drink from that cup.”

**Questions:**

How do we examine ourselves?

Will God show me my sin?

Does God promise to forgive me….even me? (yes…1 John 1:9)

What if I did something I can’t even tell other people about? (talk to someone you can trust)

**Confessions:**

I am Obedient.

I always listen to Mom and Dad and do what they say.

I do what God wants me to do.

I will examine my heart everyday.

I will ask God to forgive me when I sin.

I will turn from that sin.

I will keep a clear conscience because I will do what God wants.