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World Sabbath Health Emphasis Day Sermon

Self-Awareness in Health

Self-awareness, in a biblical context, refers to a conscious understanding of one's own identity, thoughts, motives, and spiritual condition before God and others. Scripture portrays humanity as unique creations, endowed with the ability to reflect on oneself and respond to God's standards. This gift stands in clear contrast to the rest of creation, underscoring our special place in the divine order. God created man with a purpose for this world and the world to come.

From the earliest chapters, the Bible shows humans engaging in introspection. After Adam and Eve sinned, they recognized their shame (Genesis 3:7). Their sudden self-consciousness and desire to hide from God emphasized the importance of understanding oneself in relation to the Creator. Thus, self-awareness, though present from the first generation, has always been intertwined with humanity's relationship to God.

Created in the Image of God

"Then God said, 'Let Us make man in Our image, after Our likeness..." (Genesis 1:26-27). This passage highlights humanity's distinctive nature in bearing God's image. Part of being created in God's likeness is possessing reason, moral discernment, and the ability to engage in self-reflection. These attributes form the foundation of biblical self-awareness.

Being God's image-bearers means that believers and non-believers alike can grasp spiritual truth, though to varying degrees. Archaeological findings such as the ancient law codes and religious artifacts from the Near East illustrate that societies have always operated on a sense of morality and identity. Yet the biblical record provides the clearest reason for this universal moral self-awareness: humanity's creation in God's image.

Biblical Mandate for Self-Examination

Scripture consistently encourages individuals to examine their hearts and intentions. For instance:

- "Examine yourselves to see whether you are in the faith; test yourselves..." (2 Corinthians 13:5).
- "Each one must examine himself before he eats of the bread and drinks of the cup." (1 Corinthians 11:28).

These verses highlight the essential place of self-examination in spiritual growth. Rather than turning inward for self-centred ends, the biblical model calls for evaluation of one's life against God's standards, culminating in spiritual maturity and genuine repentance.

The Balance between Humility and Healthy Self-Awareness

Though self-awareness is an essential quality, Scripture warns repeatedly against self-absorption or pride. Romans 12:3 states, "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but think of yourself with sober judgment..."

This calls for "sober judgment" affirms that we must view ourselves accurately-acknowledging our great worth to God as bearers of His image and the constant need for His grace. It is not humility to deny one's abilities; rather, it is humility to recognize we owe everything to our Creator. Self-awareness in this capacity becomes a discipline of humility.

Examples of Self-Awareness in the Bible

1. David's Psalms: David repeatedly practiced introspection. Note his cry in Psalm 139:23-24: "Search me, O God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the way everlasting." David's call for divine testing resonates with the biblical theme that true self-awareness emerges best under God's probing light.

2. The Prodigal Son: Luke 15 records a profound moment of realization. When the Prodigal Son "came to his senses," he acknowledged his wrongdoing and turned back to his father (Luke 15:17-19). This moment underscores how honest self-awareness can ignite repentance, setting us on the path of reconciliation.

3. Isaiah's Vision: In Isaiah 6:5, the prophet exclaimed, "Woe is me, for I am ruined!" upon encountering God's holiness. This reveals that self-awareness often accompanies an acute recognition of sin and shortcoming in light of God's perfection-yet it is in this realization we discover true grace.

The Role of the Holy Spirit

The Spirit of God remains central to biblical self-awareness. In John 16:8, Jesus says the Holy Spirit "will convict the world of sin and of righteousness and of judgment." Through conviction, the Spirit exposes the true condition of our hearts. As we respond to this leading, we grow in godly self-awareness.

Scripture's reliability regarding the Holy Spirit's transformative work is well-supported by ancient New Testament manuscripts, including those found in collections such as the Chester Beatty Papyri and Codex Sinaiticus, which align in their affirmation of the Spirit's active role in refining believers.

Historical Reliability and Self-Awareness

As historical and archaeological research continue to confirm biblical places, customs, and events-from the cities mentioned in the Gospels to ancient inscriptions affirming New Testament details-the veracity of Scripture's teachings on the nature of humanity also garners external support. This includes:

- The Dead Sea Scrolls, which preserve many Old Testament writings and affirm textual consistency in passages emphasizing introspection and unity with God. • Early Christian writings (e.g., the letters of Clement, Ignatius, and Polycarp), echoing the biblical call for personal reflection and self-examination.

These evidences strengthen the reliability of biblical teachings, offering greater confidence that what Scripture teaches about self-awareness is anchored in a text faithfully transmitted through the ages.

Practical Dimensions	of	Self-Awareness
1. Daily Reflection: Believers are encouraged to “test” their actions, motivations, and thoughts regularly. Here, journaling or prayerful introspection can be a practical tool.		
2. Repentance and Growth: Self-awareness is never solely academic. It is meant to lead to change-turning away from sin and growing in steadfast righteousness.		
3. Community Accountability: Scripture teaches that one’s self-awareness is often sharpened in the context of fellowship (Hebrews 10:24-25), where encouragement and correction can prompt deeper understanding of one’s spiritual condition.		

Ultimate Purpose:	Glorifying	God
Self-awareness in Scripture is not an end in itself. It serves a bigger purpose-aligning our hearts and lives with God’s will so that we fulfil our designed role to glorify our Maker (1 Corinthians 10:31). Recognizing our place allows us to serve with love and humility, ensuring our introspection pushes us toward God rather than into self-centred isolation.		

Indeed, self-awareness leads to recognizing the need for redemption. While individuals might sense this need at the natural level, the Bible points to the sacrificial work and resurrection of Christ as the definitive answer (1 Peter 2:24-25). Understanding ourselves rightly positions us to embrace the life-transforming grace available through faith.

Conclusion

Biblical teaching on self-awareness weaves through the Old and New Testaments, developing a portrait of humanity that is both dignified-because of our creation in God’s image-and humble, due to our fallen state and dependence on divine grace. Self-awareness, fuelled by the Holy Spirit, motivates an honest appraisal of our spiritual condition and propels us toward repentance, ultimately leading to growth in holiness.

By aligning our pursuit of self-understanding with Scripture, believers cultivate a healthy and God-honouring perspective, bringing glory to the One who created us, redeemed us, and calls us into eternal fellowship with Him.