



[2 Corinthians 13:5](#)

(5) Examine yourselves as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified.

New King James Version

Do you not know yourselves? - We have all learned many things through trial and suffering over the years, but it has not been all pain and agony. At various times, we have abounded with [joy](#), contentment, [peace](#), and growth as well, and we should thank [God](#) who has engineered and authored these blessings. However, beyond honestly identifying how far we have come, we also need to recognize and acknowledge the stony parts that are still in us, repenting before God with our whole hearts.

As Paul says in [1 Corinthians 6:19-20](#), "Or do you not know that your body is the temple of the [Holy Spirit](#) which is in you, which you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." To paraphrase, do we not realize the magnitude of our [relationship with God](#) and the obligation this puts us under to live every second as an example of God's way of life? God's people are not ordinary in any sense!

Solomon writes in [Proverbs 4:23](#), "Keep your heart with all diligence, for out of it spring the issues of life." The heart, the mind, is the storehouse of our character. We must spend time in meditation and in [prayer](#) asking for insight from God to reveal to us exactly who we are - *inside* - where normally only God can see. We must implore Him for understanding about who we really are right now in His eyes. We need this information to understand properly our relationship with Him.

This is a solemn and sobering process, but it should not be something we fear. Still, we must come to God in this process with humility and a heart ready to [repent](#) immediately of flaws that He shows us. This process is not superficial by any means, but one designed to reach to the very heart of our being.

The Berean: Daily Verse and Commentary for 2 Corinthians 13:5 (<http://www.theberean.org>)

Remember, God may be a consuming fire to His enemies ([Hebrews 12:29](#)), but to His own children, He is a boundless provider and loving Father ([Ephesians 3:14-21](#)). He is quick to forgive if we freely confess our sins to Him ([I John 1:9](#)).

— Staff

To learn more, see:

[What Does 'Examine Yourselves' Mean?](#)

Related Topics:

[Humility](#)

[Meditation](#)

[Relationship with God](#)

[Repentance](#)

[Repentance, Motivation For](#)

[Repentance, Opportunity for](#)

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