

Examination of Conscience and Life in the Spirit

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Mother of God Prayer Meeting
October 14, 2001

What is examination of conscience?

Examination of Conscience is just that: a look at our day in light of what we have come to know as Truth, or holding up the Light to what is often a dark area.

EOC is a work of the Holy Spirit

EOC is initiated by the Holy Spirit and we respond in varying degrees. We tend to look at EOC as a sin-barometer, and, hence, it becomes a burden. If we can acknowledge at the outset that we are, indeed, sinners, then we have nowhere to go but up-and EOC is freeing because it leads to repentance and deliverance.

Conscience is not just a function of our minds. It is the place where God whispers to us and teaches us his ways. As our conscience matures, we realize it is not a place of prohibition but truly a "light unto my feet."

Scripture passages: [Rom 9:1](#), [1 Cor 8:12](#), [1 Tim 1:5](#), [Heb 9:14](#), [1 Pet 3:16](#).

Read [Heb 10](#). We often live by the law as though that's all we have. But the reality is, we do have the Holy Spirit to guide us. The law is external; the Spirit moves us interiorly. Through Jesus' death, we have the Spirit dwelling in us. We can trust the Spirit to convict us of sin ([Jn.16:8](#)).

Only God can cut to the heart

Our EOC, and our repentance, can be shallow or only surface-deep. We don't get to the root of things. [Mt 15:18-20](#) - We scratch the surface. Only God can cut through the dross to the heart. Remember the peoples' response when Peter convicted them about Jesus' death: "Brethren, what shall we do!"

When God cuts to the heart, we can say with Job, "I had heard of you but now my eyes have seen you. Therefore, I despise myself, and I repent in dust and ashes." Or we can relate to Isaiah, "Woe is me, for I am a man of unclean lips."

When we pray and ask God to convict us of our sin, He often works in dramatic ways, either to get our attention or to help us remember. When we don't pray, don't EOC, it's like being in a dark room. We can't see anything. When we're in the light cast by prayer, we can see our sins and be freed.

Outcome of EOC

1. The Holy Spirit will convict us of sin. Why? So we can be freed, healed, and delivered in order that we can live as sons and daughters of the Father, experience joy and

peace. If we continue in our sin, ignore it, or can't face it, we are filled with guilt, complacency, self-righteousness, and pride.

2. EOC is a cooperative venture.
3. Repentance should be the outcome of EOC.
 - a. Forgiveness
 - b. Healing
 - c. Deliverance

Questions for Prayer, Study and Fellowship Groups

1. Is examination of conscience part of your daily prayer time? If so, consider using the accompanying EOC table for ten days, or possibly longer, to deepen your EOC. If not, use the table to help you establish an EOC. Evaluate after ten days and make note of the fruit.
2. Is your repentance "because I have offended you, my God," or is it because you fear punishment or don't like the results of the sin in your life? In either case, ask God to deepen your repentance. As it deepens notice how your attitude towards sin changes.
3. Read [Eph 4:22-24](#). What are the deceitful lusts referred to? Why are they deceitful? What does this have to do with EOC?
4. Find and jot down three or four instances in the Gospel where Jesus is calling people to a deeper level of awareness, a heart level. How does He call you to a heart level? Share a time when Jesus pierced your heart.
5. Read [Lk 18:9-14](#); [Rom 3:24](#); 5:9; and [Gal 2:16](#). On what basis are we justified (made right) before God? On what other basis do we sometimes try to be justified before God?