

*Let us examine our ways and test them, and let us return to the LORD.*

*Lamentations 3:40 (NIV)*

## **Examination**

**Do you really want me to examine your life? Are you really open to all that I have to say to you?** I want my life to be like an open book before you. I know that there is nothing that can be hidden from you. It would be a foolish waste of time to try. I know that I have sinned and I will sin again. My life will never be perfect. I will be a work in your hands until I meet you face to face. **Yes, you will.** Trying to hide my sin from you would only serve to create distance and separation between us. I don't want that, not even for a second. I want to live in a close and intimate relationship with you. So, instead of doing what my natural instinct would suggest which is trying to run and hide my sin, I will come to you to confess my sin so I can continue to follow and obey you. **That will be very good.**

**How do you think I will help you to see your sin? What do you think I will use to show you your sin? Who will speak to you about your sin?** Your word will help me to see my own sin. As I meet with you in your word your Spirit will show me what I need to see. Your Spirit will speak to me what I need to hear. **Yes, He will.** Your word will also strengthen me to stand against temptations to sin. Your Spirit will take your word and apply it to my life so that I will be able to resist temptations that come my way. **Yes, you will.** **Is there anything or anyone else that I might use to help you to examine the way that you are living your life?** You will use circumstances of every kind and people that are close to me to speak into my life. **Yes, I have used and will continue to use people to speak into your life. They will see things you can't see. They will say things that you will need to hear. Will you listen to them? Will you welcome what they have to say to you? Will your heart be hard or soft to the words that I have given them to speak to you? Don't be so quick to answer. How have you sometimes responded to the challenging words of others?** I have been rigid and hard hearted. I have reacted poorly and not listened well. I have rejected both the speaker and their message. I have wondered words to myself like, "who do they think they are" or " what gives them the right to say such things to me." Now I know that you were using them to speak words into my life that would help me to examine my ways. **Yes, that's right. Will you listen to me? Will you listen to the words of others that I will use to speak to you? Will you examine your ways? Will you confess your sin and turn to follow and obey me?** Yes Lord, I will.

*Lord, help me to have a soft heart that is willing to examine the way that I am living my life. Show me my sins and help me to willingly and gladly confess them all to you. I want to follow and obey you in all that I think, say and do. Amen*

**Let Us** *Examine Our Ways*  
Let us examine our ways and test them, and let us return to the LORD.  
NIV Lamentations 3:40

**Let Us** *Examine Our Ways*  
Let us test and examine our ways, and return to the LORD!  
ESV Lamentations 3:40

**Let Us** *Examine Our Ways*  
Instead, let us test and examine our ways. Let us turn back to the LORD.  
NLT Lamentations 3:40

**Let Us** *Examine Our Ways*  
Let us search out and examine our ways, And turn back to the LORD;  
NKJV Lamentations 3:40

**Let Us** *Examine Our Ways*  
Let us test and examine our ways, and return to the LORD.  
NRSV Lamentations 3:40

**Let Us** *Look At The Way We're Living*  
Let's take a good look at the way we're living and reorder our lives under GOD.  
MSG Lamentations 3:40

**Let Us** *Examine Our Ways*  
Let us test and examine our ways, and let us return to the Lord!  
AMP Lamentations 3:40

**Let Us** *Examine Ourselves*  
Let us examine ourselves instead, and let us repent and turn again to the Lord.  
TLB Lamentations 3:40

**Let Us** *Examine And Probe Our Ways*  
Let us examine and probe our ways, And let us return to the LORD.  
NASB Lamentations 3:40

**Let Us** *Examine And See What We Have Done*  
Let us examine and see what we have done and then return to the LORD.  
NCV Lamentations 3:40



**Journal**

*As You Quiet Yourself Before The Lord*

**What Do You Want To Say To Me Lord?**

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**What Prayers Are You Praying Today?**

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**Prayer Of Blessing**

*(What Prayer Of Blessing Can You Pray For Another?)*

*May you examine your ways and turn from your sin so you can follow and obey the Lord.*

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**Prayer To Carry**

*(What Prayer Would You Like To Carry Throughout Your Day?)*

*Lord, help me to examine my ways and turn from my sin so I can follow and obey you.*

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**What Do You Want To Remember About Today?**

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**A Question To Ask God**

*(What Would You Like To Ask God?)*

*Lord, what sin do I need to turn from so I can more fully follow and obey you?*

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