Be Vigilant At Being Self-Aware

My advice to sons over the past 5 years has been to evaluate themselves on a constant basis.[1] This self-assessment is two-fold in purpose:

1. Am I out of alignment with Father in any way, and
2. Am I growing and maturing in my sonship.

Those are important things to assess about ourselves, but there are other monitoring needs that we have as well. For example: We should check what we think, say[2] and do, as well as our heart attitudes. These checks are like electronic sensors which tell the computer system that somethings 'not right'. Assessing these in ourselves during the day will help keep us from drifting too far before we notice a big shift in ourselves which will be harder to rectify. This self-evaluation is very important for those who operate emotionally, rather than logically or spiritually.[3]

A few other areas to constantly assess yourself are for the existence of:

- Striving
- Performing
- Regret
- Disappointment
- Fear
- Anxiousness
- Restlessness
- Discontent

These are actions that we involve ourselves in which are not suitable for the Kingdom and are normally associated with negative effects on us if we engage in them.

Additionally, Father recently instructed us to keep a check on whether we're being enticed to drift back into bad habits, especially things we are addicted to that are not appropriate behaviours or desires for sons. He stated:

> *""Beware of the work of the enemy to seduce you into old addictions whether it be drugs, alcohol, food, or the need for approval. Be sure to set a watch and refuse the temptations that seem so tantalizing. Rise up in the strength of the Spirit and overcome," says the Lord."*[4]

One of the processes I engage in as part of being self-assessment is my technique of being self-aware at all times. I carry that out by being constantly aware of my thoughts, speech and actions. An important component of that is keeping a check of where my mind is drifting to, especially when I'm not actively focused on something intense. I found, a very long time ago, that my mind wanders when I'm relaxed while mowing the lawn. This was brought to my attention by a brother who said his thoughts about other people became negative when he was mowing.

So now, when I'm on my morning walk, swimming laps, or mowing the lawn, I monitor my thoughts because they drift into areas that are not helpful for me. In particular, I have to redirect my thoughts about the past and the future, so that I'm engaged with the present and with Father. That's where I should be focused, so I apply effort in that area to keep me aligned with the Kingdom in my mind.

The key, of course, to keeping even-keeled and not deviating too much from our alignment with Father is to live in his presence and to pursue a life of personal peace and rest.

Mike Parsons "Resting in God's Presence: Love That Casts Out Fear" **LINK**

1 – "Self-Assessment is One of the First Principles Of Sonship" (12-11-2020)
canberraforerunners.org/wp-content/uploads/2021/09/Self-Assessment-is-One-of-the-First-Principles-Of-Sonship.pdf
2 – "Assess Yourself When You Speak" (26-11-2020)
canberraforerunners.org/wp-content/uploads/2020/12/Assess-Yourself-When-You-Speak.pdf
3 – "Ladies, Assess Yourselves" (27-6-2020)
canberraforerunners.org/wp-content/uploads/2020/07/Ladies-Assess-Yourselves.pdf
4 – Marsha Burns "Small Straws in the Soft Wind" (May 1, 2025) www.ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2025.htm]

IMPORTANT: All self-assessment should not be allowed to produce condemnation or shame in us, but to keep us on-track so we grow in our spirituality and sonship.[5]

It is vitally important for our spiritual growth and development that we stay away from concentrating on conspiracy theories. It’s all well & good to know what’s going on around us, but these theories sap our mind, taking it away from our responsibilities and from Kingdom matters. The ‘fruit’ of focusing on conspiracy theories will manifest in our lives as negatives, so we can easily detect this change if we’re self-aware.

Laurence
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(www.CanberraForerunners.org)

(Readers will need to look up for themselves any scriptures alluded to in this document)

5 – “Self-Assessment is Not for Condemnation or Shame” (20-8-2022)
canberraforerunners.org/wp-content/uploads/Self-Assessment-is-Not-for-Condemnation-or-Shame.pdf