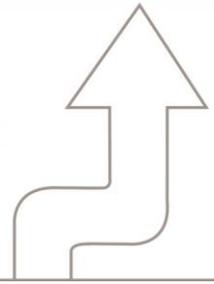


# SHIFT

the life we are meant to live



March 13<sup>th</sup>, 2016

## Living Without Judging

### 1. REJECT THE FALSE NARRATIVE:

#### CONDEMNATION ENGINEERING WORKS

*You will recognize them by their fruits - Matthew 7:16, 20 ESV*

Judging: Making a negative evaluation of others without standing in solidarity with them.

#### WHY FIXING PEOPLE DOESN'T WORK

- A. IT DOESN'T FLOW FROM A HEART OF LOVE.
- B. IT SHORTCUTS THE NEED TO OWN THE PROBLEM.
- C. IT DECONSTRUCTS WITHOUT RECONSTRUCTION.
- D. OUR JUDGMENT IS OFTEN WRONG.
- E. IT IS DONE TO MAKE US FEEL BETTER ABOUT OURSELVES.

### 2. EMBRACE THE JESUS NARRATIVE:

#### THE GOLDEN RULE WORKS

***"Judge not, that you be not judged. <sup>2</sup>For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. <sup>3</sup>Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? <sup>4</sup>Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? <sup>5</sup>You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye. <sup>6</sup>"Do not give dogs what is holy, and do not throw your pearls before pigs, lest they trample them underfoot and turn to attack you. - Matthew 7:1-6 ESV***

## METAPHORS OF JUDGMENTALISM

1. The Measuring Stick: It Provokes Anger & Payback.
2. The Log Jam: It Blinds Us From Seeing A Better Way.
3. Pearls of Wisdom: It Comes Across Condescending.

## JESUS' BETTER WAY TO CHANGING OTHERS

*<sup>7</sup>Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. <sup>8</sup>For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. <sup>9</sup>Or which one of you, if his son asks him for bread, will give him a stone? <sup>10</sup>Or if he asks for a fish, will give him a serpent? <sup>11</sup>If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him! <sup>12</sup>So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets.*  
– Matthew 7:7-12 ESV

- Remove the Log Out of Your Eye.
- Pray Long and Hard For Them.
- Communicate Solidarity to Them.
- Treat Them Like You Want To Be Treated In the Same Situation.

### I Will Shift by...

- Memorizing [Matthew 7:12](#).
- Refusing to give way to condemnation engineering.
- Praying for others we have problems with.
- Giving my life to Jesus as Savior and Lord for the first time.

# WALK THE TALK

## A Growth Group Guide

1. Give an example of when you have been on the receiving end of judgment. How helpful was it?
2. Have you ever judged someone in your heart and found out later your judgment was based on wrong information? How did you feel after you found out?
3. Which of the five problems of “*Why Fixing People Doesn’t Work*” stood out the most to you? Explain.
4. Look at the *Metaphors of Judgmentalism*: Which one helped you frame a better picture of why judgmentalism is so counterproductive? Do you agree with the way “pearls among pigs” is understood? Have you seen it differently before? Should it be separated from the previous metaphors?
5. When you re-read Matthew 7:7-11 in the context of Jesus’ teaching on judgmentalism, how does that help you help people with issues in their life (review the four points under *Jesus’ Better Way To Changing Others*)?
6. Read John 8:1-11:
  - a. What stated and unstated motivations did the Pharisees have for judging this woman?
  - b. Imagine yourself in the place of the woman caught in adultery. How might this experience change you?
  - c. What wisdom and encouragement can we gain from this Bible story when it comes to our relationships with people that we want to change?

# SOUL TRAINING – A DAY WITHOUT GOSSIP

## A Personal Transformation Exercise

### **The Principle:**

One of the church fathers, John Wesley, created small groups. These first small groups were three to five people who were serious about following Jesus. He called them *bands*. Among the basic rules Wesley drew up for the bands was this: “Not to mention the fault of any behind his back, and to stop short those who do.” The first part fits a description of gossip (mentioning the fault of someone not present), but the second part takes it step farther, which is to cut off those who are doing it in your presence.

We need to recognize the destructive nature of gossip. We sometimes condone it because it doesn’t feel like a terrible sin. We even rationalize it by calling it other names: evaluation, sharing, discussing a situation. And to be sure, there are times when we are called to tell the truth about a person not present. For example, you may be asked to be a reference for a friend in their attempt to get a new job. In that instance, it is our job to be honest. Despite how we may rationalize it, however, most of us know in our hearts when we are gossiping. Refusing to gossip and trusting God to help us silence as much gossip as we can is one of the most loving things we can do for others.

### **The Plan:**

This week, consciously try to go a day without gossip (maybe two or three!). Think carefully before you speak and ask yourself if what you are about to say would be considered gossip. This is going to take some extra careful thought on our part to make sure that we allow our brains to filter what we say. What you may come realize is that you gossip more than you thought you did. Don’t feel condemned or bad about yourself, instead let this be an opportunity for you to take small steps toward changing the way you talk.

Lastly, pray about gossip this week. Talk to God about your habits and how you can help squish gossip when it occurs around you. Invite the Holy Spirit to walk beside and help you this week.