

PART ONE: DO NOT JUDGE

People say some crazy things. Politicians. Athletes. Celebrities. Your mom. Your boss. But even the craziest things these people say don't compare to some things Jesus said. He said some pretty crazy things, shocking things. Things like, "If someone hits your left cheek, offer your right cheek and let them hit you again." "Don't judge other people." "Hate your mother and father and follow me." "When your angry you commit murder." "Love your enemies."

Perhaps the most popular commandment among those who don't follow Jesus is "judge not." It's the one Christians are most often accused of violating. It's also one of the most misunderstood of Jesus' commands.

BIG IDEA: Love forbids me to size you up and write you off.

Love forbids me to size you up and walk away.

DISCUSSION QUESTIONS

1. Talk about a time when your first impression of a person was wrong. How did what you later learned about the person change your relationship with him or her?

- 2. When have you felt judged? How did it make you feel? How did you react?
- 3. When have you found yourself judging someone else in the past week (i.e. their clothes, their job performance, their choices)?
- 4. With your Bible or YouVersion, read Matthew 7:1−5.

"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye.

Matthew 7:1-5 (NIV)

- 5. What is one group of people you tend judge? Why is it so tempting for you to judge them?
- 6. Read Matthew 7:1-2. When we judge others it will come back to us in the same way and with the same weight. How do you want to be judged by others and by God? How should this impact how you judge others?
- 7. Read Matthew 7:3-4. Why is it that we can clearly see what is wrong with someone else, but it is so hard for us to see our own faults?
- 8. *Read Matthew 7:5*. When you are tempted to judge someone else, you need to stop and look at the same issue in your life. As you think about where you are tempted to judge people, what issue in your life could God be calling you to address?
- 9. What would it look like for you to be heartbroken over the sin of the people you identified in the previous question instead of simply judging them? How can their sin help you to recognize your own sin?



- 10. Chris described three groups of people:
 - a. You size people up and write them off.
 - b. You size people up and walk away.
 - c. You've been sized up but refuse to listen.
- 11. Which one of these three groups do you fall into? When you size others up, do you tend to write them off (condemn them) or walk away (avoid their problems)? *If it's either a. or b.*, why do you think you respond the way you do?
- 12. *Maybe it's c*. Maybe you been sized up recently but refused to listen and instead wrote the person off as being judgmental. If so, what is one thing you can do this week to listen to the feedback you've received and begin to make changes?

THINGS I WISH

NEVER SAID

13. Who is one person you need to stop writing off or walking away from? What is one thing you can do this week to put aside judgment and love that person? How can this group help and support you?

MOVING FORWARD

Have you felt judged by someone recently? If someone confronts you about an issue in your life, they aren't necessarily being judgmental; they may be sticking their nose into your life because they love you. What could you be missing out on by not listening?

WHAT WILL YOU DO?

When you come to terms with the sin in your life it makes you a perfect person to address the sin in someone else's life. How can you put this into practice this week?

CHANGING YOUR MIND

"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you." Matthew 7:1–2

