

## *Me and My Big Mouth*

# *Overcoming a critical Spirit*

*“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?” Matthew 7:3 (NIV)*

*“For the whole law can be summed up in this one command:*

*‘Love your neighbor as yourself.’*

*But if you are always biting and devouring one another,  
watch out!*

*Beware of destroying each other.”*

*Galatians 5:14-15 (NLT)*

*“The tongue has the power of life and death...”*

*Proverbs 18:21a (NIV)*

*“Some people make cutting remarks,  
but the words of the wise bring healing.”*

*Proverbs 12:18 (NLT)*

## **Help! I’m a Critic! What can I do?**

### **1. Become an Encourager.**

*“Therefore **encourage one another** and build each other up.” 1 Thessalonians 5:11a (NIV)*

*“**Encourage one** another daily.” Hebrews 3:13a (NIV)*

- ❖ Focus on **CHARACTER** over performance.
- ❖ Focus on **ACCEPTANCE** over accomplishments.
- ❖ Focus on **TOMORROW** over yesterday.
- ❖ Focus on **HOPE** not hurt.

### **2. Offer Constructive Feedback, NOT Criticism.**

*“Do not let any unwholesome talk come out of your mouths, but only what is helpful for **building others up** according to their needs, that it may benefit those who listen.” Ephesians 4:29 (NIV)*

- ❖ Focus on **BEHAVIOR**, not the person.
- ❖ Focus on **SOLUTIONS**, not the problems.

### **3. When in doubt – Be quiet!**

*“When words are many, transgression is not lacking, but whoever **restrains his lips** is prudent.” Proverbs 10:19 (ESV)*

*“Better to live on a corner of the roof than share a house with a quarrelsome wife.” Proverbs 21:9 (NIV)*