

Judge Not — But Don't Stop Seeing

Matthew 7:1–6

Tuesday, June 30, 2026

EPISODE SUMMARY

Jesus opens Matthew 7 with the most famous — and most misused — words he ever spoke: “Do not judge.” But Jesus isn’t switching off the conscience; he’s prying the gavel out of our hand. He forbids the harsh, condemning, look-down-your-nose spirit — and warns that the measure we hand out is the one handed back. Then comes the joke that stings: a man with a beam in his eye doing surgery on his brother’s splinter. Deal with yourself first, Jesus says, and then you’ll see clearly to help. And just when we think the passage is only about going easy, verse 6 turns and calls for discernment — don’t give what is holy to dogs or pearls to pigs. Mercy and clarity, held together: no hypocritical condemnation, no naïve blindness.

KEY THEMES

- What “judge not” forbids — the gavel of condemnation, not the gift of discernment (vv. 1–2).
- The measure comes back — the standard you use is the standard you’ll be measured by (v. 2).
- The splinter and the beam — deal with yourself first, then you’ll see to help (vv. 3–5).
- Dogs and pigs — the guardrail on the other side: don’t switch off discernment (v. 6).
- Clear-eyed and kind — the cross takes the beam out, so we judge with mercy (vv. 1–6).

KEY SCRIPTURE

"First take the beam of wood out of your eye, and then you will see clearly to take the splinter out of your brother's eye."

— Matthew 7:5, CSB

TAKEAWAY TRUTH

There was a day you were the one with the beam in your eye and no way to get it out — and God didn’t measure you by the measure you’d been using on everyone else. He measured you by the cross. The beam came out of your eye because his Son was nailed to one. That is the only reason you can see at all.

APPLICATION FOR TODAY

Go easy with the gavel this week — it was never yours to swing. But don’t go blind, either. Keep your eyes wide open: open to your own sin first, then open to help your brother with a gentle and humble hand, and open most of all to the mercy that has already been measured out to you, full and overflowing, at the cross.

SERIES FOCUS

The Sermon on the Mount · Matthew 7 · CT081–CT087