



Life Group Discussion Guide
“Wise Judgement” – Matthew 7:1-12
Scott Paulson – February 8, 2026

Main thought:

Judging others distorts our view of God, others, and ourselves; Jesus invites us to instead ask God for wisdom, remove our own blind spots, and serve others with grace and love.

Ice-Breaker

- What was your favorite food/snack item from Super Bowl Sunday?
- If you don't celebrate the Super Bowl, what's one of your favorite or most memorable events or parties you've been to?

Questions

1. What stood out to you from Matthew 7:1-12?
2. When you hear the words *“Do not judge,”* what reactions or assumptions immediately come to mind? Why do you think this passage is so often misunderstood?
3. Discuss the difference between discerning judgement and condemning judgement. Can you give examples of this and explain why it matters?
4. Jesus teaches that judgment gives us a distorted view of God (v.1), others (v.2), and ourselves (vv.3–5). Which of these distortions do you most easily fall into, and why?
5. Jesus says the goal is to help ‘remove the speck’, not hurt (v.5). What does helping look like in real life, and what are some ways we can cause harm instead?
6. Jesus warns that not everyone is ready to receive help (v.6). Discuss verse 6 and how it applies to our relationships.
7. Jesus tells us to ‘ask, seek, and knock’ (vv.7–8). How do prayer and discernment protect us from either harsh judgment or unhealthy over-involvement?
8. The Golden Rule (v.12) is presented as the practical outcome of Jesus’ teaching. What would change this week if you intentionally treated difficult people the way you would want to be treated in their place?
9. Where do you sense the Holy Spirit inviting you to stop judging, start asking, or step into a posture of serving instead of condemning?

Prayer: Take some time to pray for each other.