



Matthew 7: 1-5 “Do not judge, or you too will be judged. **2** For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

3 “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? **4** 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? **5** 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.

Judging is making a negative evaluation of someone without standing with them.

1. Share a time when you felt judged by someone and what that did to you?
2. Where does judgment creep into your life? What has been the result when that judgment has been expressed?
3. Read the scripture above and have a conversation about what stands out to you.
 - a. Why do you think Jesus want his followers to abstain from judging others?
 - b. What is different about Jesus followers today?
4. What are your motivations for being judgmental toward others? What changes can you make to lessen judgment’s grip? Doug said there are two main reasons for judging someone.
 - a. To fix them.
 - i. Judgement rarely results in change. True or False? Why?
 - ii. Don’t try to fix people, LOVE THEM!!! What makes this hard to do?
 - b. To make us feel better about ourselves.
 - c. What is your most frequent reason for judging others?
5. Why do you think gossip feels so good? Do you agree with Doug that it allows us to focus on others weaknesses and avoid looking at ourselves? Why else do you gossip?
6. **Challenge! Go three days without gossiping.** What would this be like for you? What would best motivate you to do this? What would help you love someone instead of judging them?