



Introduction

Of all the commandments that Jesus told us not to do, probably the most quoted at Christians and anyone for that matter is: “Do not judge” (Matthew 7:1). Nobody likes to be judged or as we said... “...sized up and written off”. Yet Jesus’ teaching doesn’t end with “judge not”. It was just the start of a way that we are to do relationships together in community, grow in mutual love and journey together in acceptance.

Ice Breaker

“First impressions last” someone once said. When have you had to swallow your words or thoughts about someone you know?

Share (pick one or two to talk about)

- If / when you have “sized up someone and written them off” - how has this impacted the way that you have interacted with that person?
- Read Romans 1:28 - 2:4. Paul is pointing out that we are all under God’s judgement and in need of God’s grace offered in Christ. How does this colour your inclination to judge others? Is it possible to be so taken up with the faults of others that one does not consider one’s own failures?
- “Self righteous people are rarely (if ever) self aware.” Do you consider this a true statement? If self awareness is a signpost to maturity as a person and a follower of Jesus, what does this have to say about your maturity?
- Many people may not speak out in judgement against others, but may still “think it”. Is this different? How? How could your thought life impact the way you may treat others?
- How heartbroken are you over your own stuff (sin)? Is this a necessary reflection / action to take before being brokenhearted over other people’s stuff? How could a broken heart for another move you to ministry?
- Has someone spoken truth into your life and you’ve felt affronted and are yet to take action? Was it true? How can this group help you deal with your “stuff”?
- Is there someone you need to confront about sin in their life because you can see it impacting their relationships, work, purpose etc? How might you lovingly approach them? How might you do a little “mirror therapy” as well?

Bottom Line:

This has been a tough lesson from Jesus, yet if we are to grow as His followers, we need to do this right. Most of us at some stage fall into 1 or more of 3 categories when it comes to judging...

1. You size people up and write them off. (*You need to repent - change your thinking about this*)
2. You size people up and walk away. (*You need to confront in order to love*)
3. You’ve been sized up but refuse to listen. (*You need to listen to the words offered in love*)

.... **what is your next step?**

Reflect.

“Don’t pick on people, jump on their failures, criticize their faults—unless, of course, you want the same treatment. That critical spirit has a way of boomeranging.” (Matthew 7:1–2 MESSAGE)