

STUDY NOTES – March 29 – “Judge Yourself”

Warm up

What was something you were described as growing up that has been a positive influence on you?

Read

Romans 12:3; I Corinthians 11:28-32; II Corinthians 13:5; Matthew 26:31-35

MESSAGE RECAP:

Main idea - TO JUDGE OURSELVES, WE REQUIRE LOVE

Self-judgement:

1. Keeps us humble
2. Saves us from pain
3. Assures our faith
4. Helps us be wise

What to do:

- 1) Judge yourself with grace
- 2) Judge yourself with truth

Questions for discussion

1. Would you describe yourself as “your own worst critic?” Why or why not?
2. Do you think there is a direct correlation between how we judge others and how we feel about ourselves? Why or why not?

Application

1. If you judged yourself with more grace, what do you think that would look like? Feel like?
2. If you judged yourself with more truth, what do you think that would look like? Feel like?