

Unburdened 04 | Randy Watson - 3/30/25

Letting Go of Judgment - Points to Remember

1. Judgment Reflects Back On Us

📖 *"For in the same way you judge others, you will be judged."*

- The standard we use to judge others will be used on us.
- Instead of criticizing, extend grace.

2. Examine Yourself First

📖 *The Speck and the Plank – Matthew 7:3-5*

- Before pointing out faults in others, address your own.
- Self-reflection leads to clearer, more loving correction.

3. A Critical Spirit Weighs You Down

- Judgmental attitudes block us from experiencing God's grace.
- Letting go of criticism frees us to live with peace and joy.

4. Correction Should Flow From Love, Not Condemnation

📖 *Galatians 6:1-2*

- Approach correction with humility and a heart to restore, not tear down.
- We are all in need of grace — extend it to others.

5. Humility Transforms Perspective

📖 *Philippians 2:3 – "Consider others better than yourself."*

- Shift your perspective: see people as God sees them.
- Replace judgment with compassion.

Talk It Over: Unburdened: "Letting go of Judging"

Discuss these questions with someone – maybe a family member, friend, or member of your LifeGroup. Use a communication method that works best for your situation.

To Start Things off:

- Have you ever made a quick judgment about someone or something, only to realize later that you were wrong? What happened, and were there any consequences?

Reflect - then Discuss:

📖 Read **Galatians 6:1-2**. How does this passage show the difference between judging someone and helping them grow in their faith? How can we approach correction with humility and love?

📖 Read **Philippians 2:3**. How does humility help us let go of a judgmental attitude? What does valuing others above ourselves look like in this context?

Apply: 6. Let Go of Judgment to Live Unburdened

- ✅ **Forgive** those who have hurt you.
- ✅ **Release** your pride and self-righteousness.
- ✅ **Trust God** instead of worrying about others' faults.

7. God Can Change Your Heart

- Confession, prayer, and humility bring transformation.
- Ask God to remove judgmental attitudes and replace them with love.

Pray Together -

Do: Judge Jesus' Way | 5-day YouVersion Bible Plan

April Memory Verse: Matthew 7:12