



## BREAKING THE ICE

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What is one thing you never forget at the grocery store?

Do you look at other people's carts at the grocery store?

## MAIN CONTENT

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This week Annie F. Downs spoke to us about leaving behind judgment and comparison. She challenged us to think about what makes us constantly assess other people and their actions.

One thing we have learned is that 2020 has made us all amateurs. No one was prepared for what 2020 has brought. We've discovered some weaknesses in our lives and realize none of us are perfect.

1. What weaknesses have you seen emerge in your own life over the last few months?
2. What have you learned to help you grow from those weaknesses?

We are all learning how to live with the realities of 2020, how to live with more grace and how to leave judgment behind.

3. In what areas of your life do you tend to judge others? Why do you think you are more judgmental in these areas?

### **Read Matthew 7:1-5.**

We tend to worry and judge others so we don't have to focus on the insecurities and sin in our own lives. If we can critique what we feel someone else is doing wrong, we take the pressure off ourselves to have it all together. It is easier to see a "speck" in someone else than to do the hard work and pull the "plank" out of our own lives.

# MAIN CONTENT

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4. Is there a “plank” in your own life you need to address?

## **Read Matthew 6:25-34.**

Jesus teaches us to not worry about others or even ourselves. He knows when we worry it can produce judgment and feelings of inadequacy.

5. Where have you let worry take root in your life?

6. What has been produced from your life with those worries and fears? Has it been helpful or harmful? How can you use that to move forward?

The fruit of worry and fear is judgment. When we are living with worry and fear, we become judgmental. God sees our judgment and brokenness and wants to help us move from it with His grace.

It's the pain in our own lives that causes us to be judgmental and unsatisfied. When we see our own insecurities and weaknesses, his grace is there for us.

How do we move from judgment to grace?

1. Be honest with yourself. Call out your judgment, I am being “judgy” because...
2. Invite in grace. Once you accept God's grace, you can give it to others.

7. Where have you experienced God's grace in your life? Do you carry that grace with you?

## **Read 2 Corinthians 12:8- 10.**

God's power is made perfect in our weakness and brokenness. When we see our weakness, God gives us the strength and grace to move through it.

Jesus specializes in taking our judgments and sins and giving us grace and forgiveness.

8. How can you follow Jesus, leave judgment in your life and pick up grace?

## PRAYER

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God, thank you for the grace you freely give us. Will you show us where our worries and fears cause us to judge others. Heal our hearts and help us feel your love and grace in our lives so we can give it freely to others. In Jesus' name, Amen.

## ACTION STEP

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This week, pray and ask God to help you see where you have judgment in your life. When you see it, take note of it and ask yourself why you are being judgmental.

Ask God to fill you with His grace so you can take it with you and give it to yourself and others.

Share your experience with someone else in your group so you can pray for each other and keep each other accountable to practicing grace in your lives.