

WATCH YOUR MOUTH: WEEK 2- Criticism

ICE BREAKER QUESTIONS

1. Have you experienced being criticized? How did it feel?
2. How was the atmosphere in your home growing up? Was it more criticism than encouragement?

WORD

Ephesians 4:29 (NIV)

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

What is unwholesome? Unwholesome talk doesn't benefit other people. Criticism is unwholesome. Our words have consequences. That our words affect other people. Similarly as we criticize this affects other people just like encouraging words affects other people.

What is the meaning of criticism? The expression of disapproval of someone based on perceived faults or mistakes. Criticism refers to feedback or opinions that focus primarily on pointing out flaws, shortcomings, or perceived problems in something. It typically involves highlighting what is wrong or undesirable about a particular subject without giving much attention to its positive aspects.

Ecclesiastes 7:16

“Do not be overrighteous, neither be overwise — why destroy yourself?”

Galatians 5:15 if you bite and devour each other, watch out or you will be destroyed by each other.

WE WILL BE DESTROYED BY EACH OTHER. Criticism destroys each other and our relationship with one another. Critical words with our tongue can cause great harm according to James 3. Our words have consequences,

spoken, written, emailed over the internet. It can either build people or destroy people.

DISCUSSION

Why do you think it seems easier to criticize than to build up?

LIFE APPLICATION

The effect of criticism on someone's mistakes destroys other people. But the truth is everyone will make mistakes, the people around us will make mistakes. So should we just ignore these mistakes and let them be? We can't totally ignore them. But instead of criticizing people. What should we do then? What do we do when we see someone make a mistake, what should we tell them instead of just criticizing them?

1. BE KIND

Ephesians 4:32a

"Be kind and compassionate to one another.

2. FORGIVE EACH OTHER

Ephesians 4:32b

"...forgiving each other, just as in Christ God forgave you.

3. GET RID OF ALL MALICE.

Ephesians 4:31

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."

This week, let us build others not to destroy others. WE ARE CALLED TO BUILD OTHERS!

DISCUSSION

Who can you begin dealing with kindness to? How will you go about it?
What would be the challenges you will face?

VERSE TO MEDITATE ON

Proverbs 12:18 NLT

“Some people make cutting remarks, but the words of the wise bring healing.”

PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.



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