**Life Group Notes Sunday 21 January 2024**

**“How to deal with criticism”**

Read Matthew 7 : 1 – 6

* What is your initial response to Matthew 7 : 1 – 2?
* Share examples of harsh judgement and gentle judgements:-

 a) That we find in the gospels

b) That we experience in life

* It has been said “Exulting ourselves by disparaging others is a very cheap way of attaining moral superiority.”

- In what ways do we identify this action in public life?

- Have we ever felt disparaged or are aware of disparaging others?

- What is the remedy for such action?

* From a biblical perspective, how do we understand “…and will come

 again to judge the living and the dead .” *(Apostles Creed)*

 and Romans 14 : 9 – 12?

* Nicky Gumbel offers the following guidance on responding to criticism:

- Distinguish good judgement from judge-mentalism

- Avoid fault-finding like the plague

- Learn to give and receive constructive criticism

- Try to find a kernel of truth in every critic’s attack

- Show mercy, kindness and love

How helpful do you find the above?

Which areas of guidance do you find the most challenging?

You are invited to pray the following:-:

“Save me, O Lord from vision that distorts,

From words that smite and wound, from magnifying evil,

From criticising good, and make me honest

In clearing my own sight

Before I ever think to put another right.”

*(Albert Orsborn, 6th General of the Salvation Army)*

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