

National Junior High Sunday 2020

“Take the Log Out” based on Matthew 7:3-5

Extension exercise

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At times, we all make the mistake of casting judgment without looking at our own ways first. It is easy to criticize another person but taking time to address our own issues before we turn our focus on others can help us help our neighbors' in a more constructive manner. If we first take the log out of our own eye, we can see better to remove the speck in our neighbors' eye.

- 1) **Take 30 minutes and reflect inwardly.** The log in your eye can blind you from the error in your ways. Evaluate yourself. Look at your past actions and write down the things that you do that others might disagree with. Are these things that you always noticed? Did you list things that you weren't conscious of?
- 2) **Context Matters!** Look at the list you made. Are there things on your list you do that you have previously condemned people for? Certain things could be correct in one context but wrong in the other.
- 3) **Fight the urge to make a quick judgment.** Take another couple of minutes to make a list of times when you misjudged someone. What made you change your mind about the person? How did you feel when you realized you made an error of judgment? Has someone judged you without knowing your side of the story? How did it feel?
- 4) Be aware that without all the pieces to the puzzle, you cannot judge the full picture. Take a moment to **learn other perspectives** even if they seem to disagree with yours. The world is at your fingertips. Pull up information on what you want to learn about. Make sure it is from a credible source.
- 5) None of this works unless you **Keep an open mind.**