

## Growth and Dying through Fasting

- This week starts our 4 weeks of fasting.
- Fasting leads us to die to ourselves.

### Power in the tongue

- Part of this dying is to address the deadliest weapon in the world– the tongue. (James 3:1-12)
- The tongue’s strategy is using judgment and criticism.

Our text—from the Sermon on the Mount (Matt. C5-7)—**Matt. 7:1-5**  
Today’s message--“**4 life points regarding judgment and criticism**”

#### 1. Don’t judge

- Do not condone critical spirits. They can be masked.
- Jesus spoke plainly
- judge= κρίνω (krinó)= make decisions
- Prov. 6:16-19

**Are we judgmental or critical?**

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#### 2. Reasons not to...

- Not people, situations, or circumstances
- V. 1b-2 or YOU will be judged, criticized, condemned
- Gal. 6:7
- We don’t have all the facts, understand the situation, or know the whole story.

**What are some reasons we are not to judge?**

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### 3. What are ways we judge?

- V. 3-4
- Finding fault in how things are done.
- Prov. 6:16-19
- The source is PRIDE.

**In what ways do you judge or criticize others?**

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### 4. What should we be doing?

- V. 5 help one another, pray for one another
- Col. 3:8-17
- Give grace and mercy, help and encouragement.

**With God's help, are you willing to make changes in the way you talk?**  
Not in judgment or criticism?

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