

## MY BIG FAT MOUTH – Part 2

### **CRITICISM**

March 10, 2019

**OUR MISSION**...to see lives changed through a growing relationship with Jesus Christ.

“If you claim to be religious but don’t control your tongue, you are fooling yourself, and your religion is worthless.” James 1:26 (NLT)

## Root Causes of Destructive Criticism

### 1. Jealousy

“A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.” Proverbs 14:30 (NLT)

“Whenever people are jealous or selfish, they cause trouble and do all sorts of cruel things.”  
James 3:16 (CEV)

“Let us not become conceited, or provoke one another, or be jealous of one another.” Galatians 5:26 (NLT)

“Rejoice with those who rejoice...” Romans 12:15

- “Am I truly happy for the good things others experience.”

## 2. Negativity

"Your words show what is in your heart." Luke 6:45

"And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye." Matthew 7:3-5 (NLT)

### **What Should I Do to Stop Criticizing?**

- Ask God to change your heart.

David – Psalm 51: "Create in me a clean heart..."

"Some people make cutting remarks, but the words of the wise bring healing." Proverbs 12:18 NLT

"Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them." Ephesians 4:29 (NLT)

#### **Talk it Over**

1. What are the root causes of criticism?
2. Read Proverbs 14:30. Share an experience where jealousy negatively affected you.
3. Read Matthew 7:3-5. How does negativity cause criticism?
4. How can we stop our habit of criticizing others?
5. Heart Check: Read Ephesians 4:29. Do I speak life into others or do I tend to criticize them?