



### Day One

Listen to the episode. Read the following questions, and write your answers in the box provided.

What do you think of talk shows? Do you watch them? Do you judge the people who appear on them? If you do, take a moment to ask yourself why you judge people either on TV or in the media? Why do you think you find yourself doing it? What do you think judging says about a person? Write some thoughts below.

**Reflection:** What is the difference between judging and condemning a person? What's the relationship between condemnation and self-righteousness? Write some thoughts above. If you know, in your heart of hearts, you can be self-righteous at times, take some time to confess. Condemnation often arises out of an incorrect view of ourselves. We belittle others because we have a low opinion of ourselves. It's about identity, how we see ourselves. Ask God to help you catch a fresh vision of who you are in Christ. Read a few of the following verses, then take one and meditate on it. Rom 3.23-25; 6.23; 8.1; 1 Cor 15.22; 2 Cor 5.17; Eph 2.10. Prayer.

### Day Two

Listen to the episode. Read the following questions, and write your answers in the box provided.

**We will all face judgement, so we must be very careful when judging others.** What is the effect of the following on the way you judge other people? A. God's unique role as Judge. See James 4.11-12. B. Your own sinfulness. Write some thoughts below.

**Reflection: It's so easy to judge, and so hard to stop judging. I pray that today, you find courage to love, where before you often judged.** What role do love and compassion have in combating judgement in a believer's heart? Choose a couple of people in your life whom you judge. Make an effort this week to love these people instead. (This is a follow-on from Jesus' teaching on loving one's enemies). Ask God for compassion to love these people, and make it practical. Do something for them in secret, following Jesus' teaching on living for an Audience of One. Prayer.