

# Week 11: Judge Not

**PASSAGE: MATTHEW 7:1-6**

## **READING FOR THE WEEK:**

Read Matthew 7 every day this week, focusing on verses 1-6.

## **QUESTIONS & REFLECTION:**

- Why do you think Jesus speaks so directly about judging others?
- What's the danger of ignoring the "log" in your own eye?
- How can you balance truth and grace in your relationships?
- Are there ways you've felt judged by others—and how does that affect how you treat people now?

## **PRACTICE WHAT HE PREACHED:**

**Shift your lens.** Choose one relationship where you've been critical, harsh, or internally judgmental. This week, look for the good. Call it out. Encourage it. Let grace lead your perspective.

Ask God each morning: "Help me see others the way You see them."

**BONUS CHALLENGE: STAND IN FRONT OF A MIRROR AND ASK, "WHAT'S THE LOG IN MY EYE?" WRITE IT DOWN—NOT TO SHAME YOURSELF, BUT TO SURRENDER IT.**

