

Look in the Mirror

Judging means criticizing or condemning someone for something they do. Read Matthew 7:1–5. What does Jesus say about judging? What are we to do instead?

Jesus tells us to look at ourselves first—not in a mirror, but at the way we act. Do we do the same things that we blame others for doing?

Try this. On a small card write, “I said something good.” On the other side write, “I said something bad.” Carry the card with you for a whole day. Every time you say something to a person, make a check mark on the side of the card that fits your words. At the end of the day add up the check marks on each side. How did you do? Remember—look for the good in other people. If you say anything, say something that will make another person feel happier or better about themselves.

Live It!



Matthew 7:1–5