



TALK IT OVER

Criticism

BOTTOM LINE

Criticizing others says more about us than it does about the one we criticize. Find words that give life rather than death.

CONVERSATION STARTER

Share a shining moment when you felt proud of yourself because you did something well when you were in school. At work. Who noticed?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily: newpointeorg/daily
- [Is It Ever Appropriate to Use Sarcasm?](#) by Todd Wagner

KEY VERSES AND QUOTES

Therefore be imitators of God, as beloved children. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. Ephesians 5:1, 4 ESV

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of. Luke 6:45 NIV

Be devoted to one another in love. Honor one another above yourselves. Romans 12:10 NIV

“We may not be a Chronic Critic, but we are all a Conditional Critic.”
– Dave VanDonge

“When we are critical of others, our words say more about us than they do about our target! Not only does criticism come from the heart, but words spoken shape the heart.” – Dave VanDonge

“We are moving in one of two directions: bitter or better, groaning or grateful.”
– Dave VanDonge

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Why do you think it is so easy to spot hurtful words in others but not in our own communication? When Paul says “instead of harsh words, let there be thanksgiving,” how do we practically apply that? Our hurts and desires shape our criticism and sarcasm. How do you see that in yourself? Some people say, “You think it—you might as well say it.” What do you think and why? Sarcasm and self-deprecation are indirect or passive-aggressive criticism. How can they be even more deadly? How do you need to implement God’s cure for the critic? What needs to happen for you to be more life-giving? Is there someone you need to encourage? Create distance from? Pray for? Give feedback to instead of criticize?

ACTION STEPS (This or one of your own)

I will ask three people I trust, “In what ways am I critical?” I will put at least one of the steps to a cure to work in my life this week: pray, encourage, create distance from critical voices, give feedback vs. criticism. I will monitor myself through the end of the year to create new speech patterns.

My Action Step: _____