



Sessions: I Just Can't Help Myself

June 8th, 2025

Digging Deeper

The Sessions - Week 2 - Judgement and Condemnation

Date: June 8, 2025

Scripture: Matthew 7:1-6; Colossians 3:12-17

Discussion Questions

(This is where groups lean into community and look up to God through Scripture and prayer.)

LEAN IN

Share a time where you felt judged/condemned by someone who professed to be a follower of Jesus?

Based on this definition of discernment: "to distinguish, to separate out by diligent search, to examine," do you think you have the ability to discern conversations you have with people?

LOOK UP -

Observations (What does the text say?)

Note: With two passages, you may need to take this step twice.

- Read **Matthew 7:1-6; Colossians 3:12-17** aloud. What stands out to you?
- What are you curious about in this passage?
- Does the tone of each passage compliment or contract the other passage?

Interpretations (What does the passage mean?)

- What do you learn about God in this passage?
- What do we learn about ourselves in light of who God is?
- How do you receive the language used in Matthew 7:6?

Applications (What's my response?)

- How are you encouraged, challenged, or convicted by this passage?
- With as much work as it takes to lovingly confront someone, how often are you putting in that kind of effort?
- What is the role of the Holy Spirit in your current day to day interactions with people in your life?

Scripture

- **Matthew 7:1-6**
- **Colossians 3:12-17**
- **Romans 5:20-21**
- **Romans 13:14**

Prayer

Use the fruit of the spirit outlined in Colossians 3 to guide your prayer:

Compassion

Kindness

Humility

Gentleness

Patience

Forgiveness

Love

Peace

Thanksgiving

Practice (Step Out)

1. **Seek reconciliation.** Are there people in your life that you have not followed the correct steps when confronting? Seek them out, apologize for the way you may have gone about wanting them to live in the light of Jesus. Acknowledge the plank in our own eye, repent for any hypocritical behavior or language.
2. **Heart change.** We live in a culture where having strong opinions and taking stances on every issue is the norm. Where do we need to posture our heart for change? Where do we need to soften our hearts so that we are not judgemental or speak with condemnation?
3. **BIG STEP** - *Ask 3 people in your life if you come across as judgmental or use language that projects condemnation? Share your results the next time you meet as a group.*