



Week 4: The Art of Self Management

Ice Breaker:

When you look back over your life, who is one person who invested in you to help shape your faith?

Group Discussion:

As a group, read Matthew 7:1-6 before you consider this week's questions.

1. What word or idea stands out as you review this passage?
2. What do you think of this statement: "You are not a judge when you assess people critically... you are a judge when you treat people harshly." **Talk about a time when you were either someone who judged another person, or when you felt judged in a situation.**
3. Hypocrisy is easy to spot when we see it, but it can be harder to recognize in our own thoughts and actions. Eric said hypocrisy is "the practice of claiming to have moral standards or beliefs to which one's own behavior does not conform." **Have you ever experienced a situation when you were afraid to be honest with someone, only to be surprised by their acceptance of you?**
4. **How do gentleness and humility help us defeat the common traps of hypocrisy?** What's something you can do today to "work on you"?
5. **Is there someone you know who is broken and who needs to find healing in community?** Spend time praying over these individuals and ask God to help you be an instrument of His grace and healing through gentleness.