

SHIFT

Week 4 - From Judgmental to Loving

THE MAIN POINT

No one in today's society wants to admit to being judgmental. We like to think of ourselves as being open and accepting. The reality is, beneath the surface, many of us harbor a lot of critical/judgmental attitudes towards other people. High school/middle school students are no exception. In this meeting we will help students unpack the unhealthiness of having a disapproving judgment toward someone, something or even themselves.

MATERIALS NEEDED

- Index Cards (1 per student)
- Pens
- Bible

GETTING STARTED

Start off by asking students about their week and going over the rules of small group time.

RULES FOR SMALL GROUP:

Commitment - Commit to being at every group meeting (make it a priority!)

Confidentiality - What is shared here stays here.

Be honest or be silent - don't make up an answer just to have one. Sometimes the most honest answer is no answer, so if you need to, just say pass.

Respect - for one another, their thoughts/ideas/opinions (no put downs).

Have your students share about their "keep it up challenge" from the week prior. Then share with them this week's attitude: being judgmental

Ask this question: What does it look like to be judgmental of someone or something?

A judgmental attitude serves to make you harsh, vindictive, and cruel, leaving you with the soothing and flattering idea that you're somehow superior than others.

ACTIVITY

Pass out an index card and a pen to every student. Have them hold the flashcard horizontally and make three lines, so they end up with four equal columns.

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Explain that you are going to start by saying a word. When they hear the word, they are going to write the first three things or words that pop into their head on the first column. Then you are going to say the next word, and they are going to write the first three things that pop into their head on the second column. They are going to do this for all four columns. Only give them about 5-10 seconds to think about each word, then move on. If they only think of one thing, that's okay. Make sure to remind the students to have appropriate answers.

The words are: Kim Kardashian, Justin Bieber, Donald Trump, Logan Paul. (If you feel like your

students might not know these, swapping these out is totally fine!)

When they are all done, go word by word and have them read what they wrote down.

Questions to ask after the activity:

- Were you judgmental towards the people on the card?
- Do you feel like you know these people? Why?
- Why do you think it's so easy to be critical of others?

Do you think it's wrong? Why?

GOING DEEPER

We need to stop having a measuring stick for how valuable other people are. There is always at least one more fact in every person's situation that we know nothing about.

- Is there anyone in your life that you are judgmental towards?
- Does the command to not judge people mean we never tell someone when they're wrong? Why or why not? Is there a right/non-judgmental way to tell someone when they're doing something wrong?
- What is the opposite of having a judgmental attitude toward someone? (Love)
- Do you think it's important to show love? Why or why not?

Read 1 Corinthians 13:1-3

- What sticks out to you in this verse?
- What does it look like to have an attitude of love?

Read 1 Corinthians 13:4-7

- Do you think it's hard to show love like this?
- Why is it hard to love sometimes?
- Do you think being judgmental toward someone else helps you?
- Are you judgmental towards yourself?

UP CLOSE AND PERSONAL

This is a time where, as the leader, you get to share a part of your story. Be sure and share about how God has worked in your life. This is also a time for you to get vulnerable with the students.

Be ready and willing to share a time where you were critical towards others/someone/something/yourself. How it was hard to show love, but by showing love you overcame a critical attitude.

TAKE AWAY

The challenge to you this week is to start showing love to others around you, even yourself and to be aware of anything that causes you to think of yourself as a superior person.

Read Genesis 1:27 - We were made in God's image

Read Proverbs 22:2 - We are all equal

If we have an attitude of love towards others, we begin to desire the best for others and for ourselves. *Choose to love!*