



Coaching Tool:

Casting The First Stone

We need to judge others because they need us to tell them what they are doing wrong.	Vs.	God instructs us to love and forgive despite others' sins because we are all broken and need redemption.
--	-----	--

Examples Of What The Enemy Wants You To Think:

- I'm better than those people.
- I'm more broken than anyone else.
- What I have done is unforgivable.
- What they have done is unforgivable.
- Those sinners are just weak.
- I would never do anything so horrible.
- They are so terrible, they deserve whatever's coming to them.

God's Truth Says:

Parable of the two praying men:

"I tell you that this man (the one asking for mercy), rather than the other (thanking God he's better than others), went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted." - Luke 8:14

1. We have all been hurt and damaged.

- a. "For all have sinned and fallen short of the glory of God." – Romans 3:23
- b. The areas of pain, level of hurt and types of damage we've each experienced will vary from person to person.
- c. While we may not directly understand the exact pain and experiences of others, we can empathize with them because we've each known pain in this broken world.
- d. We can all relate to choosing a coping mechanism when we hurt. But hurt and trauma at a young age leaves us especially inclined to choosing poor coping mechanisms later in life.



2. We are all longing for love and acceptance.

- a. Love and acceptance are universally acknowledged as basic human needs. God built us to be in community and loved and accepted by Him.
- b. When we don't know how to get these needs met, we become increasingly desperate. That desperation can lead to destructive decisions that we would not otherwise have chosen.
- c. An addiction starts as a way to ease the pain, but can escalate into a dependence before we know what has happened.
- d. "But whoever keeps His word, in him the love of God has truly been perfected. By this we know that we are in Him." - 1 John 2:5

3. We have all been self righteous and judgmental.

- a. "You hypocrite, first take the log out of your own eye and then you will see clearly to take the speck out of your brother's eye." – Matthew 7:5
- b. None of us is perfect. We have all sinned. We have all committed the sin of judging others.
- c. By taking our thoughts captive, we can more readily recognize when judgment wants to creep in. Then we can use empathy and scripture to change our perspective.
- d. Judgment may seem like a sin that is "better" than others, but keep in mind, Jesus only spoke harshly with the self righteous while on earth. The lost and hurting sinners he forgave, healed, instructed and encouraged.

Listen To This Song:

Jesus, Friend of Sinners by Casting Crowns

Questions To Help You Process This Concept:

1. Have you ever judged those around you? In what areas?

2. Have you ever felt superior to others because your sin didn't look like theirs? List some specifics.



3. Have you felt like your sins were worse than others and not worthy of forgiveness? In what areas?

4. Have you made bad choices looking for love and acceptance in the wrong places? Describe.

5. Have you ever truly reached out to God in desperation and felt Him meet you in your brokenness? When?

Exercise:



1. List two examples of where you've fallen short and needed compassion and forgiveness in the past.
2. List two places where you have been harsh in your judgment of someone else.
3. Bring both these lists to God. Ask God to:
 - a. Forgive your broken areas.
 - b. Give you compassion for other people's broken areas.