

HOT TAKES

WHAT EVERYONE WANTS TO KNOW,
BUT NOBODY WANTS TO TALK ABOUT

MESSAGE SUMMARY

Culture screams, “Don’t judge me!”—but what if judgment isn’t always bad? Jesus wasn’t against judgment... He was against *hypocritical* judgment. He taught us the *First, Then* principle: **First** deal with your own junk, **then** help others with theirs. Real love doesn’t stay silent when people are drowning—it lovingly calls them out and calls them *up*. Righteous judgment is rooted in truth, anchored in love, and aimed at restoration—not shame.

KEY TAKEAWAYS

- 👉 **Culture says:** “Don’t judge me.” Jesus says: “Judge—righteously.”
 - 👉 Righteous judgment **is about helping**, not hurting.
 - 👉 **First remove your own plank**—*then* help others.
 - 👉 Opinions ≠ truth. **Scripture = truth.**
 - 👉 **Real friends** call you out *because* they love you, not because they hate you.
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KEY SCRIPTURES

💬 **Matthew 7:1-5** – “First take the plank out of your own eye...”

💬 **John 7:24** – “Judge with righteous judgment.”

💬 **2 Timothy 3:16-17** – Scripture trains and corrects us.

💬 **John 8:10-11** – Jesus corrects the woman caught in sin, but with grace.

💬 **Proverbs 27:6** – “Faithful are the wounds of a friend.”

ICEBREAKER

- What’s the weirdest food combo you’ve ever seen someone eat?
 - If someone pulled out laundry detergent at lunch and said it was their *craving*, how would you respond?
 - Why do you think people get defensive when someone tries to help or correct them?
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SURFACE LEVEL

- What part of today’s message made you think the most?
 - Have you ever used the phrase, “Don’t judge me!” before? Why?
 - Why do you think Jesus said to remove *your* plank before helping others with theirs?
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DEEP DIVE

Matthew 7:1-5. What is Jesus really saying about judgment?

John 7:24. What does it mean to “judge righteously”?

2 Timothy 3:16-17. Why is Scripture the only safe standard for judgment? **John 8:10-11.** How does Jesus model grace and truth in this story?

What’s the difference between judging someone to *shame* them and judging someone to save them?

PERSONAL APPLICATION

- Is there someone in your life **who needs loving correction**—but you’ve been too afraid to say something?
 - Have you ever been judged in a way **that hurt—but actually helped?**
 - Is there someone you’ve judged *hypocritically*? **What needs to change in your own life first?**
 - **Are you willing** to let friends or leaders call you out—even when it stings?
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PUT IT INTO PRACTICE

👉 Choose one of these this week:

1. Ask a trusted friend or leader: “Is there anything in my life you see that needs to change?”
2. Think of someone who’s heading toward destruction. Pray for them—and ask God for the right words, grace, and timing to speak truth in love.
3. Memorize **John 7:24** and **Matthew 7:5** this week.

💡 **Challenge:**

This week, ask yourself before you speak correction:

“Am I doing this to restore them—or to feel better about myself?”


CLOSING PRAYER

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“God, help me not to judge from a place of pride—but from a place of freedom. Give me the humility to let others speak into my life, and the boldness to lovingly speak truth into others’. Teach me to judge with Your Word, Your heart, and Your grace. In Jesus’ name, amen.”

SPIRITUAL GROWTH FOCUS

STEP #6 – JUDGE WITH TRUTH AND LOVE

 Why does this matter? Because truth without love is harsh, and love without truth is hollow. Righteous judgment is both.

Weekly Commitments

- ✓ Let someone call you out—and receive it with humility.
- ✓ Call someone *up*—with truth, grace, and love.
- ✓ Read Matthew 7 and John 8 this week.