

The Jesus Way

DISCUSSION GUIDE | March 15, 2026

BIG IDEA

Self-awareness enables compassion.

Message title: *Do Not Judge*

Scripture Reading: Matthew 7:1-5 NIV

What did Jesus mean when He said, “Do not judge?” As it turns out, He wasn’t calling his followers to indifference or moral silence, but rather to deep self-awareness that leads to compassionate action. By dealing honestly with our own brokenness first, we gain the clarity and humility needed to help others without condemning them. The result is a kind of love that neither writes people off nor walks away.

1. *Before hearing this message, what did you think Jesus meant when He said, “Do not judge”?*
2. *Religious people can become judgmental because of jealousy or self-righteousness. Which do you think is more common and why?*
3. *Why do you think it’s so much easier to see flaws in others than in ourselves?*
4. *What do you think is the difference between judging someone and lovingly helping them?*
5. *Think about a time when someone confronted you about something in your life. What made it feel helpful or unhelpful?*

THIS WEEK’S CHALLENGE

Ask God to show you one “plank” in your own life this week. Spend time honestly reflecting on it and take one concrete step toward addressing it. Then ask yourself if there is someone in your life who might need encouragement, help, or a loving conversation? If so, approach them with humility, compassion, and care.