

Avoid Criticizing – Daily Exercises

Thoughts and questions for reflection, writing, and prayer to enhance personal growth.

Day 1

We have all had experiences where we have been criticized by someone. Usually they are not pleasant memories. Think back of a time when someone criticized you. Write a little about what happened and your reaction to it. What was your immediate reaction? How did it affect your relationship with them? Did your attitude toward that person improve or become worse? Do you feel comfortable around them now? Why or why not?

Day 2

Think about the last time you criticized someone else. What was their reaction? How did it help or hurt the situation? What was the end result of your criticism? Spend some time thinking and write out what you think would have been a more godly approach to the situation that would have ended better.

Day 3

Memorize

2 TIMOTHY 2:23-24 (NIV)

Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful.

Day 4

Learning to refrain from criticizing others can be a real challenge. For many of us, there have been times in our lives when it was all we could do to not say something critical. If this is a struggle for you, one of the things that will begin to help you overcome it is to examine your heart and ask yourself why it is so easy for you to criticize others. Are there things in your own life that you are not wanting to deal with or allow God to change? Often I have noticed that it is in the times that I am slipping away from God in my spiritual walk that I become most critical. We need to recognize that a tendency to do this is a signal that there is something we need to begin to deal with, something that is not right in our spirit.

Day 5

Learning to be gracious with others in making allowances for their mistakes or lack of abilities or even bad attitudes is a lifelong process. Spend some time thinking about specific people or situations where you are tempted to be critical of others on a regular basis. Now begin to write down some ways you can handle those situations where you are not being critical of others, but supportive and loving and humble.