INTRODUCTION
What do you do with the people who judge you? The tendency, of course, is to respond in kind and write them off. But that would drag you down to their level. So what are you to do? One of the great things about being a follower of Christ is that we do have an alternative. And this is not only something Jesus spoke about--this is something he personally dealt with.

DISCUSSION QUESTIONS
1. When in your life have you felt judged? What opinion was formed of you?
2. How does being judged affect you?
4. Read Luke 23:34. What was Jesus' response to the judgment he received? Why should our response be the same?
5. What would it look like for you to forgive and accept those who judge you?

THINK ABOUT IT
Who is someone in your life who judges you? How does it impact this relationship?

WHAT WILL YOU DO?
How will you forgive and accept this person this week?

CHANGING YOUR MIND
But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked. Luke 6:35