

God Time Day 1: Stop Holding Different Standards



You might often hear the word “hypocrite” thrown around, but do you understand what it means. The word comes from the Greek word “hypokrites” which referred to an actor “playing” a role they are not. Today it’s used when someone claims to “be” something that they are not. This might include claiming a false identity, having knowledge they do not have, or loyalty that they do not possess.

For the next few days, we will be looking at how Jesus instructs us to not be hypocrites.

Read Matthew 7:1-2.

¹Do not judge, so that you won’t be judged. ²For you will be judged by the same standard with which you judge others, and you will be measured by the same measure you use.

Underline the word “judge(d)” in both verses.

Now, draw a box around the word “For” in verse 2.

People will often quote only verse 1 to stop from hearing criticism that they don’t want to hear. But, in verse 2, the word “For” is a big word, because it tells us that verse 1 and verse 2 are connected.

Reread verse 2.

Jesus is warning us about judging others according to standards which we ourselves cannot live up to. And then others will judge us the way we judge them.



Think about a time that you looked down on someone for making a poor life choice. How did you judge them?

Think about a time you made a poor life choice.

How then did, or should, God judge you?



Pray for God to soften your heart, humble your spirit, and remove any pride from your life that may lead you to judge others unfairly.

God Time Day 2: Stop Focusing Negatively on Others



Read Matthew 7:3-5

³Why do you look at the splinter in your brother’s eye but don’t notice the beam of wood in your own eye? ⁴Or how can you say to your brother, ‘Let me take the splinter out of your eye,’ and look, there’s a beam of wood in your own eye? ⁵Hypocrite! First take the beam of wood out of your eye, and then you will see clearly to take the splinter out of your brother’s eye.

It is much easier to see the faults in other people than to see our own faults. Jesus warns us to first focus on our own faults and deal with our own mistakes and shortcomings.



Write down one of your faults.



Ask God for forgiveness in this and pray for Him to help you grow and improve past that fault.

God Time Day 3: Stop Trying to Change People



Read Matthew 7:6.

Don’t give what is holy to dogs or toss your pearls before pigs, or they will trample them under their feet, turn, and tear you to pieces.

If you put a sweater on a dog, will the dog start behaving like Mr. Rogers? If you give expensive jewelry to a pig, will it believe that it is a member of high society?

As silly as this sounds, this is the problem that comes with trying to change people. The harder we try to force people to change, the more we end up pushing them away or hurting them in the process. It is not our place to change people, because we are not God. The only person we have the power to change is ourselves.



Write down one thing you need to change in your life.



Ask God to help you identify the first step to change:

God Time Day 4: Start Loving People!



Reread Matthew 7:1-6. (The verses covered on Days 1-3 of this week.)

For the past three days, we have been talking about not being hypocrites. Jesus describes three behaviors – judging, finding fault, and trying to change others – while ignoring the same faults in our own lives. Now that we know what not to do, we must figure out the right way to live.



Read Matthew 22:37-39

³⁷He said to him, “Love the Lord your God with all your heart, with all your soul, and with all your mind. ³⁸This is the greatest and most important command. ³⁹The second is like it: Love your neighbor as yourself.”

Underline the word “Love.” (You’ll see it twice)

If you look back at the verses from Matthew 7, the verses all reflect an attitude of judgment or superiority over others. If there is any love in these types of behaviors, it is a conditional “love” that demands others to conform to our expectations to earn our love. (Conditional love is not real love.)

We can truly love others only when we begin to accept their shortcomings and faults as a reflection of their brokenness, because we are, or were, just as broken. It is the experience of God’s love despite our brokenness that leads to changed lives. When we focus on loving people, when we accept that we are all a work in progress, it is then that God can move and bring healing.

Write down the name of one person in your life that needs to know God’s love.



Now, write down one thing you will do to humble yourself and show them God’s love this week.

God Time Day 5: Take Off the Mask

Reread Matthew 22:37-39 from Day 4.



Now, read 1 John 4:19-20.

¹⁹We love because he first loved us. ²⁰If anyone says, “I love God,” and yet hates his brother or sister, he is a liar. For the person who does not love his brother or sister whom he has seen cannot love God whom he has not seen.

Jesus lays out this important cycle of love in Matthew 22. If we are honest with ourselves, there is nothing within us that is deserving of God’s love. But God loves us despite our sin and failures.

God loves us unconditionally, and if we humble ourselves and accept His unearned love, it becomes significantly easier to see what real love is. It is in this that we can then love others (our “brother or sister”) like He loves us.

For this whole process to begin, we must be willing to practice some honest self-reflection. The biblical term for this is “confession.” We must be willing to admit that we have faults and have made mistakes. We must then be willing to embrace God’s love, a love that looks past our sin. If we are honest with God about the sin in our own lives and accept His love and forgiveness, we will stop judging and rejecting others for the sin in their lives. We can then love them and introduce them to the unearned love of God.

Listen to this song and reflect on the words: “If We’re Honest” by Francesca Battistelli



What is one struggle you’ve had in your life where you found forgiveness? What do you wish someone had said to you, or what is one way you wish someone had shown you love during that struggle?



Pray for God to show you how to love others dealing with that same struggle. Commit to showing God’s love to at least one person who is struggling this week.