

gracepoint

A M E T H O D I S T C H U R C H

Homegroup material



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I. Introductory Discussion Questions

1. Each of us has an inner critic. How active / strong would you say your inner critic is at present?
2. Are there specific times that your inner critic is louder / does your inner critic appear more often when you are doing a specific thing? If so, what or when?
3. Where do you think your inner critic comes from?
4. What are your greatest external sources of criticism at the moment?

II. Condemnation vs. liberation

1. God convicts us of our sin, but He never condemns us. What is the difference?
2. Read and reflect on the following Scriptures. Why is there no condemnation for those who are in Christ?

- **Romans 8 vs 1-2:**

“There is no condemnation now for those who live in union with Christ Jesus. For the law of the Spirit, which brings us life in union with Christ Jesus, has set me free from the law of sin and death.”

- **Isaiah 50 vs 9:**

“Behold, the Lord Jehovah will help Me; who is he who shall condemn Me? Lo, they all shall wear out like a garment; the moth shall eat them.”

- **John 3 vs 17:**

“For God did not send His Son into the world to condemn the world, but so that the world might be saved through Him.”

- **John 5 vs 24:**

“Truly, truly, I say to you, He who hears My Word and believes on Him who sent Me has everlasting life and shall not come into condemnation, but has passed from death to life.”

3. Do you think that you live under any condemnation? If so, why?
4. How do you think we can ensure that we don't live under condemnation while still being appropriately repentant and convicted about our sin?

5. There are always many voices vying for our attention, but only God can really tell us the Truth. How do you think we can make sure to listen to God's voice above the others?
6. What is your biggest challenge in terms of hearing the voice of God?

iii. Who does God say you are?

Perhaps print this list for each member of your group and allow a time of reflection on it.

1. Read the following list of affirmations about who God says you are (*Kenneth Boa, www.bible.org*):

- I am a child of God (John 1:12)
- I am a branch of the true vine, and a conduit of Christ's life (John 15:1,5)
- I am a friend of Jesus (John 15:15)
- I have been justified and redeemed (Romans 3:24)
- My old self was crucified with Christ, and I am no longer a slave to sin (Romans 6:6)
- I will not be condemned by God (Romans 8:1)
- As a child of God, I am a fellow heir with Christ (Romans 8:17)
- I have been accepted by Christ (Romans 15:7)
- I have been called to be a saint (1 Corinthians 1:2, Ephesians 1:1, Philippians 1:1, Colossians 1:2)
- In Christ Jesus, I have wisdom, righteousness, sanctification, and redemption (1 Corinthians 1:30)
- My body is a temple of the Holy Spirit who dwells in me (1 Corinthians 6:19)
- I am joined to the Lord and am one spirit with Him (1 Corinthians 6:17)
- God leads me in the triumph and knowledge of Christ (2 Corinthians 2:14)
- The hardening of my mind has been removed in Christ (2 Corinthians 3:14)
- I am a new creature in Christ (2 Corinthians 5:17)
- I have become the righteousness of God in Christ (2 Corinthians 5:21)
- I have been made one with all who are in Christ Jesus (Galatians 3:28)
- I am no longer a slave, but a child and an heir (Galatians 4:7)
- I have been set free in Christ (Galatians 5:1)
- I have been blessed with every spiritual blessing in the heavenly places (Ephesians 1:3)
- I am chosen, holy, and blameless before God (Ephesians 1:4)
- I am redeemed and forgiven by the grace of Christ (Ephesians 1:7)
- I have been predestined by God to obtain an inheritance (Ephesians 1:11)
- I have been sealed with the Holy Spirit of promise (Ephesians 1:13)
- Because of God's mercy and love, I have been made alive with Christ (Ephesians 2:4-5)
- I am seated in the heavenly places with Christ (Ephesians 2:6)

- I am God's workmanship created to produce good works (Ephesians 2:10)
- I have been brought near to God by the blood of Christ (Ephesians 2:13)
- I am a member of Christ's body and a partaker of His promise (Ephesians 3:6; Ephesians 5:30)
- I have boldness and confident access to God through faith in Christ (Ephesians 3:12)
- My new self is righteous and holy (Ephesians 4:24)
- I was formerly darkness, but now I am light in the Lord (Ephesians 5:8)
- I am a citizen of heaven (Philippians 3:20)
- The peace of God guards my heart and mind (Philippians 4:7)
- God supplies all my needs (Philippians 4:19)
- I have been made complete in Christ (Colossians 2:10)
- I have been raised up with Christ (Colossians 3:1)
- My life is hidden with Christ in God (Colossians 3:3)
- Christ is my life, and I will be revealed with Him in glory (Colossians 3:4)
- I have been chosen of God, and I am holy and beloved (Colossians 3:12)
- God loves me and has chosen me (1 Thessalonians 1:4)

2. Which of these statements is most profound for you and why?
3. Which of these statements is most difficult for you to believe or grasp and why?
4. What do you think prevents us from really believing all these things and living accordingly?
5. Which of these statements do you think are most useful in terms of silencing your inner critic?

IV. Criticism of others

1. How critical do you think you are at the moment (both of yourself and others)? Why?
2. What do you think brings out criticism in you?
3. Read and reflect on the following Scriptures:

- Proverbs 18:21

“Death and life are in the power of the tongue, and those who love it shall eat the fruit of it.”

- **Luke 6:37:**

“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you shall be forgiven.”

- **1 Thessalonians 5 vs 11:**

“Therefore comfort one another, and edify one another, even as you also do.”

4. Why do you think there is so much power in our words (Proverbs 18:21)?
5. Why do you think it is often so much easier to be negative and critical, rather than positive and edifying?

“Compassion costs. It is easy enough to argue, criticise and condemn, but redemption is costly, and comfort draws from the deep. Brains can argue, but it takes heart to comfort.”

– Samuel Chadwick

V. Call to action

Discussion:

1. What will we do with what we have discovered in this session?
2. How will we hold each other accountable to this?

Suggestion for action:

- Challenge your group to take home the “Who does God say I am” sheet and to reflect and meditate on it this week.
- What is one thing you can do practically this week to attempt to be less critical of others and to be more encouraging and gentle?