

Prayer Psalm 139:23,24:

23 Search me, O God, and know my heart;
test me and know my anxious thoughts.

24 Point out anything in me that offends you,
and lead me along the path of everlasting life.

Take time to listen. If God reveals anything, write it down.

Reading (Matthew 7:1-5,12)

1-5 "Don't pick on people, jump on their failures, criticize their faults— unless, of course, you want the same treatment. That critical spirit has a way of boomeranging. It's easy to see a smudge on your neighbor's face and be oblivious to the ugly sneer on your own. Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt? It's this whole traveling road-show mentality all over again, playing a holier-than-thou part instead of just living your part. Wipe that ugly sneer off your own face, and you might be fit to offer a washcloth to your neighbor.

12 "Here is a simple, rule-of-thumb guide for behavior: Ask yourself what you want people to do for you, then grab the initiative and do it for *them*. Add up God's Law and Prophets and this is what you get.

Who do you struggle with a critical attitude toward anyone? Ask God. Write their name(s) down.

Are there any ways that you have justified your negative response toward them because of the way they treated you? Ask God for forgiveness. Ask God if you need to ask them for forgiveness.

Pray that God would bless that person. Ask God how you can bless that person.