THEPOINT.

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MESSAGE APPLICATION Guide

My BIG FAT Mouth
Week 2 - Criticizing

ICE-BREAKER:

Talk about a time you were criticized. How did it make you feel?

DISCUSS:

Did you grow up in a more critical or encouraging home atmosphere?

Why do you think it sometimes seems easier to criticize than to build up?

On a typical day, are you more of a faultfinder or an encourager?

READ: *"Some people make cutting remarks, but the words of the wise bring healing."* **- Proverbs 12:18 (NLT2)**

How is it that words can have power to harm people?

What are some ways you can use words to help others?

READ: *"Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them."* **- Ephesians 4:29b (NLT2)**

Who or what do you criticize most? What could your criticism be destroying?

APPLY:

What specific steps can you take to avoid criticizing others this week?

What is one step you will take to use words to heal and encourage others today?