

Do the Work | Week 2 - How to Confront Your Own Failures

Message Big Idea

To restore relationships, we must do the work of self-awareness.

Scripture

Matthew 7:3-6, James 4:1-2, Proverbs 14:8, Proverbs 20:5

Points to Keep In Mind

1. Jesus challenges us to stop focusing so much on what other people are doing in life, which we often can't do anything to change, and causes us much stress when we try to change others. Instead, Jesus calls us to pay attention to ourselves, our behavior, and how we can get it wrong, even when we have good intentions. We can do a lot about changing ourselves with God's help. If we can identify our contribution to relational breakdowns, that is a huge step toward bringing relational restoration. Even if we carry less of the blame, admitting where we are at fault and adjusting relationally can make a big difference.
2. [Jesus] doesn't mean that we shouldn't have high standards of behavior for ourselves and our world, but that the temptation to look down on each other for moral failures is itself a temptation to play God. And, since we aren't God, that means it's a temptation to play a part, to act, to be a 'hypocrite' (which literally means a play actor, one who wears a mask as a disguise)."
3. "In short, the unnoticed log is often the critical spirit itself. Jesus' purpose in this summary is to make disciples conscious that "in our own cause we are apt to be partial." The tragicomic feature in this story is a log-eyed reformer saving a speck-eyed sinner, a redwood teaching a shrub to be low profile. Thus this saying of Jesus turns in upon itself: "Judge not" comes to mean "judge yourselves," and "get rid of your own wood first."
4. Encourage the group as you push them to own up to their own contributions to relational problems. The reason we want to be self-aware, is so we can make adjustments to how we relate to others, not to feel bad about ourselves. For some, that will be hard to practice. Remind people that the group exists to help one another be honest about relational challenges. If the environment is supportive, and if enough time is given for personal growth, group members will find the courage to become more self-aware and take the actions necessary to bring healing to their relationships.

Additional Questions and Resources

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? communitychristian.org/baptism/
4. For more resources on self-growth and a list of therapists, see: communitychristian.org/mentalhealth/

"Many of us do all sorts of things to avoid dealing with our emotions. We change churches, make different friends, lose ourselves in an addiction, etc. This is similar to moving around to different chairs on the Titanic. Unprocessed emotions don't die. They get buried alive. If emotions aren't properly acknowledged, they will find a way to come out often in destructive ways." -Pete Scazzero, "Emotionally Healthy Relationships"

"The more aware I am of what God has yet to do in me, the less aware I am and the less consumed I am by what he has yet to do in the people around me." - Andy Stanley