



## My Big Fat Mouth “Criticism”

**Look Back** – Care, Praise, Loving Accountability, Vision – 20 mins **(Now that we have had our first meetings just jump into these questions)** This is a time to see how everyone’s week was. Were they successful in the previous week’s goals? Were they unsuccessful? It’s also a time to pour vision into your group. Give them the why behind things we are doing church wide.

- How did it go last week?
- Talk about a time you were criticized. How did it feel?
- Did you grow up in a more critical or encouraging home atmosphere?

**Look Up** – New Lesson (Biblical Teaching), What does the Bible say? Practice – 20 mins

- Read Romans 15:13. What would it look like if each day your words overflowed with hope from the Holy Spirit? Have you experienced that? **(Paul believed that if you follow Jesus then you are called to a higher standard. Christians are called to overflow with hope with all joy and peace by the power of the Holy Spirit. There is no condemnation in Christ...in our weakness we will have the power of the spirit of God.)**
- Why do you think it seems easier to criticize than to build up?

**Choose a question to create openness.**

- On a typical day, are you more of a fault-finder or a hope-distributor?
- Who are you most critical of? What could your criticism be destroying?
- Who can you begin dealing hope to? What obstacles will you face? How will you go about it?

**Look Forward** – Set Goals (For Accountability), Commission and Pray – 20 mins

In light of what the Bibles says, what are you going to do this next week?

Commit to a step and live it out this week.

- Encourage each other in your small group before you leave.
- Get specific about who you will begin dealing hope to first. Make a plan.