

Your Attitude, Your Life
#4: Replacing A Critical Attitude

1. _____

Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

T – Is it _____ ?

H – Is it _____ ?

I – Is it _____ ?

N – Is it _____ ?

K – Is it _____ ?

Ephesians 4:15 ...we will speak the truth in love...

2. Make _____ my primary focus

Matthew 11:18-19 John came neither eating nor drinking, and they say, 'He has a demon.' The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.'

Luke 6:41-42 Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? ... You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother's eye.

3. Understand _____

Romans 2:4 Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

Luke 6:35-36 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.

Your Attitude, Your Life
#4: Replacing A Critical Attitude

1. _____

Ephesians 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

T – Is it _____ ?

H – Is it _____ ?

I – Is it _____ ?

N – Is it _____ ?

K – Is it _____ ?

Ephesians 4:15 ...we will speak the truth in love...

2. Make _____ my primary focus

Matthew 11:18-19 John came neither eating nor drinking, and they say, 'He has a demon.' The Son of Man came eating and drinking, and they say, 'Here is a glutton and a drunkard, a friend of tax collectors and sinners.'

Luke 6:41-42 Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? ... You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother's eye.

3. Understand _____

Romans 2:4 Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?

Luke 6:35-36 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.

Criticism is just a bad way of making a request. So why not just make the request?" Often, when we criticize someone, it is because they are not doing something we would like them to do or they are doing something we would like them to stop doing. Rather than using an attack mode of communication like criticism, it would be much healthier and much more effective to simply make your request: "When you _____, I feel _____. Could we please try to come to a solution together so this doesn't happen anymore?" If you approach it that way, it is much less likely to be received negatively by your partner, and will foster a solution that much quicker.

Constructive Criticism

1. The person genuinely cares about you.
2. There is humility in what they say.
3. It's for your benefit.
4. It has practical ideas on how to improve or change.
5. Is said to your face.

Criticism

1. Said by people who don't care.
2. It's said to hurt you or punish you.
3. It's spoken in anger. There's no humility in their words.
4. There's no mention of improvement. It often comes with threats.
5. It's often said to others.

Romans 14:10 *Why do you criticize and pass judgment on your brother? Or you, why do you look down upon or despise your brother? For we shall all stand before the judgment seat of God.*

Galatians 5:14, 15 *Love your neighbor as yourself. If you keep on biting and devouring each other, watch out for you will be destroyed by each other.*

Criticism is just a bad way of making a request. So why not just make the request?" Often, when we criticize someone, it is because they are not doing something we would like them to do or they are doing something we would like them to stop doing. Rather than using an attack mode of communication like criticism, it would be much healthier and much more effective to simply make your request: "When you _____, I feel _____. Could we please try to come to a solution together so this doesn't happen anymore?" If you approach it that way, it is much less likely to be received negatively by your partner, and will foster a solution that much quicker.

Constructive Criticism

1. The person genuinely cares about you.
2. There is humility in what they say.
3. It's for your benefit.
4. It has practical ideas on how to improve or change.
5. Is said to your face.

Criticism

1. Said by people who don't care.
2. It's said to hurt you or punish you.
3. It's spoken in anger. There's no humility in their words.
4. There's no mention of improvement. It often comes with threats.
5. It's often said to others.

Romans 14:10 *Why do you criticize and pass judgment on your brother? Or you, why do you look down upon or despise your brother? For we shall all stand before the judgment seat of God.*

Galatians 5:14, 15 *Love your neighbor as yourself. If you keep on biting and devouring each other, watch out for you will be destroyed by each other.*

Exodus 17:1-3 (NKJV) Then all the congregation of the children of Israel set out on their journey from the Wilderness of Sin, according to the commandment of the LORD, and camped in Rephidim; but there was no water for the people to drink. 2 Therefore the people contended with Moses, and said, "Give us water, that we may drink." And Moses said to them, "Why do you contend with me? Why do you tempt the LORD?" 3 And the people thirsted there for water, and the people complained against Moses, and said, "Why is it you have brought us up out of Egypt, to kill us and our children and our livestock with thirst?"

Numbers 14:1-2 (NKJV) So all the congregation lifted up their voices and cried, and the people wept that night. 2 And all the children of Israel complained against Moses and Aaron, and the whole congregation said to them, "If only we had died in the land of Egypt! Or if only we had died in this wilderness!

Criticism is disapproval expressed by pointing out faults or shortcomings;
Constructive comment is tending to construct or improve

Criticism is simply telling you that you are doing poorly. Constructive criticism tells you how your doing something wrong and how to correct it. For example : Criticism would be telling someone that they sounded nasally. Constructive criticism would be telling someone to try and push more air through their mouth to not sound as nasally.

Criticism just tells you you're doing something wrong, and constructive criticism tells you what you're doing wrong and how to correct it, and hopefully also tells you what you're doing right.

Constructive Criticism

This is positive feedback that will help you improve in different areas of your life. Everyone has something they would like to learn more about, maybe do better, or even advance in. There are advantages to use other peoples criticism to expand your current limitations. If you never expect more then you will never get more resulting in staying the same way.

Destructive Criticism

This is negative feedback that will tear down in a few words what has been built up over time. Some critics don't care what effect their criticism has on the

individual. They want to make their point known regardless of the after effects. It will leave a scar for life that is hard to deal with and overcome always poking its head up at inopportune times.

Both criticisms will leave a mark that will always be remembered. They will effect the self-esteem and attitude of the receiver. Your assertiveness can be restored with support, encouragement and motivation. Believe that you can and will continue to overcome each obstacle that enters your life.