

# HANDLING CRITICISM

*Life Group Questions | Sunday, August 19, 2018*

Do you think there are both good and bad sides to criticism? What experiences have shaped your thinking?

**Read Jeremiah 20.** What stands out to you in this story? What questions or curiosities does it raise? Can you identify with Jeremiah's prayer of lament? How so?

**Read Ecclesiastes 7:21-22.** We can't listen to every critical voice that's out there. Some voices get to speak into our lives, others don't. How does this passage speak to that reality? How do you navigate the critical voices in your life?

Take a moment for silent reflection. Consider the following questions from the Emotionally Healthy Spirituality class: *How do you experience me? Tell me the feelings and thoughts you have when you are with me. Please be honest with me.*

Do you have people in your life who can be honest with you and provide healthy, helpful perspective? Who? If not, how might you partner with God in cultivating those kinds of relationships in your life?

**Read 1 John 3:1-2.** What does this passage evoke in you? How does knowing ourselves as God knows us help us handle criticism? Do you have a story to share about this from your own life?

**Pray together.**