

Stop Judging Me!

Brandon Phillips / General Adult

The King and His Glory / Judging / Matthew 7:1–6

In Matthew 7:1-6, the Lord Jesus exhorts His disciples to have four clear perspectives regarding the Christian life and your relationships with others.

Pre-sermon Comments

John 13:34–35 LSB

³⁴ “A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. ³⁵ “By this all will know that you are My disciples, if you have love for one another.”

Sermon Text

Matthew 7:1–6 LSB

¹ “Do not judge, so that you will not be judged. ² “For with what judgment you judge, you will be judged; and with what measure you measure, it will be measured to you. ³ “And why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? ⁴ “Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? ⁵ “You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye. ⁶ “Do not give what is holy to dogs, and do not throw your pearls before swine, lest they trample them under their feet, and turn and tear you to pieces.

Introduction to our Text

Colossians 2:16–17 LSB

¹⁶ Therefore, no one is to judge you in food and drink, or in respect to a festival or a new moon or a Sabbath day— ¹⁷ things which are *only* a shadow of what is to come; but the substance belongs to Christ.

Genesis 2:15–17 LSB

¹⁵ Then Yahweh God took the man and set him in the garden of Eden to cultivate it and keep it. ¹⁶ And Yahweh God commanded the man, saying, “From any tree of the garden you may surely eat; ¹⁷ but from the tree of the knowledge of good and evil, you shall not eat from it; for in the day that you eat from it you will surely die.”

Genesis 3:1 LSB

¹ Now the serpent was more crafty than any beast of the field which Yahweh God had made. And he said to the woman, “Indeed, has God said, ‘You shall not eat from any tree of the garden’?”

John 8:44 LSB

⁴⁴ “You are of *your* father the devil, and you want to do the desires of your father. He was a murderer from the beginning, and does not stand in the truth because there is no truth in him. Whenever he speaks a lie, he speaks from his own *nature*, for he is a liar and the father of lies.

Genesis 3:2–3 LSB

² And the woman said to the serpent, “From the fruit of the trees of the garden we may eat; ³ but from the fruit of the tree which is in the midst of the garden, God said, ‘You shall not eat from it, and you shall not touch it, lest you die.’”

Matthew 23:23 LSB

²³ “Woe to you, scribes and Pharisees, hypocrites! For you tithe mint and dill and cumin, and have neglected the weightier provisions of the Law: justice and mercy and faithfulness; but these are the things you should have done without neglecting the others.

Discussion Questions

In [John 13:34-35](#), Jesus commands His disciples to love one another as He has loved them. How does this kind of love differ from worldly love, and how can we grow in showing this Christ-like love to others in our daily lives?

Pastor Brandon mentioned that when someone comes into our midst, they should recognize our love for God and one another. How can we ensure that visitors to our church or small group experience this genuine love?

Pastor Brandon referenced [Matthew 7:1-6](#) and the common misuse of the phrase, "Thou shalt not judge." Why do you think this passage is often misunderstood? How does Jesus' teaching here challenge our natural tendency to make snap judgments?

The sermon highlighted the tendency to judge others based on arbitrary, manmade rules, as seen in [Colossians 2:16-17](#). What are some modern examples of how Christians may fall into this trap of legalism, and how can we guard against it?

The story of Bishop Potter illustrates how quickly we can misjudge others based on appearances. How can we apply this lesson to avoid superficial judgments in our personal relationships and within the church?

Looking at [Genesis 2:15-17](#) and [Genesis 3:1-3](#), how does Satan twist God's commands? Why do you think humans have a tendency to add or take away from God's Word, and how does this affect our relationship with God and others?

Pastor Brandon pointed out that legalism was a significant problem among the religious leaders in Jesus' day. How do we ensure that our obedience to God's commands remains centered on love and grace rather than turning into legalistic rule-keeping?

Jesus condemned the Pharisees for focusing on minor aspects of the law, such as tithing spices, while neglecting weightier matters like justice, mercy, and faithfulness ([Matthew 23:23](#)). How can we maintain a balanced focus on both obedience to God's commands and the heart behind them?

Review

Matthew 5:11 LSB

¹¹ "Blessed are you when *people* insult you and persecute you, and falsely say all kinds of evil against you because of Me.

Matthew 5:13 LSB

¹³ “You are the salt of the earth; but if the salt has become tasteless, how will it be made salty *again*? It is no longer good for anything, except to be thrown out to be trampled under foot by men.

Matthew 5:15 LSB

¹⁵ nor does *anyone* light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house.

Matthew 5:16 LSB

¹⁶ “Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.

Matthew 5:20 LSB

²⁰ “For I say to you that unless your righteousness surpasses *that* of the scribes and Pharisees, you will not enter the kingdom of heaven.

Matthew 5:48 LSB

⁴⁸ “Therefore you are to be perfect, as your heavenly Father is perfect.

The final thing which matters is not what men think of us, but what God thinks of us. In other words, we are reminded all along that our life here is a journey and a pilgrimage, and that it is leading on to a final judgment, an ultimate assessment, and the determination and proclamation of our final and eternal destiny. ~ Martyn Lloyd Jones

Proposition and Outline

In [Matthew 7:1-6](#), the Lord Jesus exhorts His disciples to have four clear perspectives regarding the Christian life and your relationships. You must have a clear perspective of:

- God’s Holiness ([Matthew 7:1](#))
- Man’s Sinfulness ([Matthew 7:2](#))
- Your Sinfulness ([Matthew 7:3-5](#))
- The Christian Life and Your Relationships ([Matthew 7:5-6](#))

You must have a clear perspective of God's Holiness

([Matthew 7:1](#))

Matthew 7:1 LSB

¹ “Do not judge, so that you will not be judged.

We can fall into two different ditches or extremes

Judgement is unloving and completely prohibited

“Do not judge others. Be your own judge and you will be truly happy. If you will try to judge others, you are likely to burn your fingers.” ~ Mahatma Gandhi

Evaluating this claim

Matthew 7:6 LSB

⁶ “Do not give what is holy to dogs, and do not throw your pearls before swine, lest they trample them under their feet, and turn and tear you to pieces.

Matthew 7:15 LSB

¹⁵ “Beware of the false prophets, who come to you in sheep’s clothing, but inwardly are ravenous wolves.

[This interpretation] cannot be the true interpretation which suggests that this just means being ‘free and easy’, having a flabby and indulgent attitude towards anybody who vaguely uses the designation Christian.

Matthew 7:20 LSB

²⁰ “So then, you will know them by their fruits.

John 7:24 LSB

²⁴ “Do not judge according to appearance, but judge with righteous judgment.”

Matthew 18:15 LSB

¹⁵ “Now if your brother sins, go and show him his fault, between you and him alone; if he listens to you, you have won your brother.

1 Corinthians 5:11 LSB

¹¹ But now I am writing to you not to associate with any so-called brother if he is a sexually immoral person, or greedy, or an idolater, or a reviler, or a drunkard, or a swindler—not even to eat with such a one.

Jesus is prohibiting the condemnation of others

In judging and censuring our brethren we meddle with that which does not belong to us. ~ **Matthew Henry (Nonconformist Biblical Exegete)**

The actions of the Pharisees

It is common for those who are most sinful themselves, and least sensible of it, to be most forward and free in judging and censuring others: the Pharisees, who were most haughty in justifying themselves, were most scornful in condemning others. ~ **Matthew Henry (Nonconformist Biblical Exegete)**

Luke 7:36–38 LSB

³⁶ Now one of the Pharisees was asking Him to eat with him, and He entered the Pharisee's house and reclined *at the table*. ³⁷ And behold, there was a woman in the city who was a sinner. And when she learned that He was reclining *at the table* in the Pharisee's house, she brought an alabaster jar of perfume. ³⁸ And standing behind *Him* at His feet, crying, she began to wet His feet with her tears. And she kept wiping them with the hair of her head, and kissing His feet and anointing them with the perfume.

Luke 7:39 LSB

³⁹ Now when the Pharisee, who had invited Him, saw this, he said to himself, saying, "If this man were a prophet He would know who and what sort of person this woman is who is touching Him, that she is a sinner."

Luke 18:9 LSB

⁹ And He also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt:

Luke 18:10–12 LSB

¹⁰ "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ "The Pharisee stood and was praying these things to himself: 'God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. ¹² 'I fast twice a week; I pay tithes of all that I get.'

Isaiah 64:6 LSB

⁶ For all of us have become like one who is unclean, And all our righteous deeds are like a filthy garment; And all of us wither like a leaf, And our iniquities, like the wind, carry us away.

- **A readiness to judge others when we have very little to do with them or their actions.**
- **Giving one's opinion without knowing or understanding all the facts or circumstances.**
- **Refusing to try to understand all the facts or circumstances before making a judgment and a refusal to show mercy as these become known.**
- **Judgement according to prejudice or personality, not principle.**
- **A tendency to pronounce final judgment upon individuals.**

James 4:11–12 LSB

¹¹ Do not slander one another, brothers. He who slanders a brother or judges his brother, slanders the law and judges the law; but if you judge the law, you are not a doer of the law but a judge *of it*. ¹² There is *only* one Lawgiver and Judge, the One who is able to save and to destroy. But who are you who judge your neighbor?

Discussion Questions

What does Jesus mean when He says, "Do not judge, so that you will not be judged"? How have you seen this command misunderstood in today's culture?

Why is it important to stay out of the "ditch" that prohibits all forms of judgment? How does this misunderstanding contradict other parts of Scripture, like [Matthew 7:6](#) and [John 7:24](#)?

How can we tell the difference between righteous judgment and sinful condemnation? What is the role of God's holiness in shaping how we evaluate others?

How did the Pharisees' attitude toward others demonstrate their failure to grasp God's holiness, as seen in [Luke 7:39](#) and [Luke 18:9-12](#)?

In what ways do we see a “gospel of tolerance” today, as Pastor Brandon described, where truth is sacrificed for the sake of peace? How can Christians stand firm in biblical truth while still showing love to others?

How should the understanding of God's holiness shape our approach to holding others accountable for sin within the church ([Matthew 18:15](#), [1 Corinthians 5:11](#))? What role does humility play in this?

When you are tempted to judge others, how can remembering God's holiness and your own need for grace help you respond with humility?

What practical steps can we take as a group to encourage each other to exercise righteous judgment without falling into either extreme of avoiding judgment or harshly condemning others?

You must have a clear perspective of Man's Sinfulness ([Matthew 7:2](#))

Matthew 7:2 LSB

² “For with what judgment you judge, you will be judged; and with what measure you measure, it will be measured to you.

Sinful Comparison

Romans 3:23 LSB

²³ for all have sinned and fall short of the glory of God,

Romans 2:1–2 LSB

¹ Therefore you are without excuse, O man, everyone who passes judgment, for in that which you judge another, you condemn yourself; for you who judge practice the same things. ² And we know that the judgment of God rightly falls upon those who practice such things.

Sinful Judgment is a Boomerang

Esther 7:10 LSB

¹⁰ So they hanged Haman on the gallows which he had set up for Mordecai, and the king's wrath subsided.

You must have a clear perspective of Your Sinfulness

([Matthew 7:3-5](#))

Matthew 7:3-5 LSB

³ “And why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? ⁴ “Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? ⁵ “You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

A Twig Vs. A Log?

Self-righteousness is a sin of blindness, or of grossly distorted vision, because it looks directly at it’s own sin and still imagines it sees only righteousness.

We cross the line, however, when we begin to sinfully judge others, which is characterized by a feeling of superiority, indignation, condemnation, bitterness, or resentment. Sinful judging often involves speculating on others’ motives. ~ **Ken Sande**

Don’t Be a Hypocrite!

Matthew 7:5 LSB

⁵ “You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

Paul Warns About Sinful Judgment

Romans 14:1-3 LSB

¹ Now accept the one who is weak in faith, *but not for the purpose of passing judgment on opinions.* ² One person has faith that he may eat all things, but he who is weak eats vegetables *only.* ³ The one who eats must not view the one who does not eat with contempt, and the one who does not eat must not judge the one who eats, for God accepted him.

Confess Your Own Sins

Matthew 7:5 LSB

⁵ “You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

Discussion Questions

In [Matthew 7:2](#), Jesus warns that the same standard we use to judge others will be used on us. How do we often fall into the trap of using a human standard of righteousness rather than God's standard?

Follow-up: How does this reveal our wrong perspective on man’s sinfulness and God's holiness?

Why do you think we, like the Pharisee in [Luke 18](#), tend to compare ourselves to others to feel superior? How does this comparison reflect self-righteousness rather than humility?

According to [Romans 2:1-2](#), Paul says that when we judge others, we often practice the same things. Why do you think we sometimes judge others harshly in areas where we ourselves struggle or feel guilt?

Pastor Brandon compares judgment to a boomerang that comes back to strike us, like Haman in the book of Esther. Have you experienced or witnessed this in your own life? What lessons can we learn from Haman’s fate?

In [Matthew 7:3-5](#), Jesus uses the analogy of a log in our eye and a speck in our brother’s. Why is it easier to see others’ faults than to acknowledge our own? How can we practically engage in self-examination before pointing out others’ sins?

How does having a clear understanding of our own sinfulness ([Matthew 7:5](#)) change the way we approach someone else’s struggles? How can we balance offering correction with a spirit of grace and humility?

Pastor Brandon emphasizes that, "But for the grace of God, there go I." How can this perspective change the way we respond to others’ failures? In what ways can remembering God’s grace help us avoid self-righteous judgment?

The sermon mentions the example of how differing opinions on COVID precautions (such as masks) led to condemnation from both sides. How can we

apply [Matthew 7:2-5](#) in today's context, where personal opinions on controversial matters often lead to division and judgment?

[Romans 14:1-3](#) talks about accepting those with different convictions, especially in disputable matters. How can we foster unity in the body of Christ when we hold differing opinions on non-essential issues?

Conclusion:

John 1:29 LSB

²⁹ On the next day, he saw Jesus coming to him and said, "Behold, the Lamb of God who takes away the sin of the world!

Philippians 2:5-8 LSB

⁵ Have this *way of thinking* in yourselves which was also in Christ Jesus, ⁶ who, although existing in the form of God, did not regard equality with God a thing to be grasped, ⁷ but emptied Himself, by taking the form of a slave, by being made in the likeness of men. ⁸ Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

2 Corinthians 5:21 LSB

²¹ He made Him who knew no sin *to be* sin on our behalf, so that we might become the righteousness of God in Him.

Communion

Luke 22:14-22 LSB

¹⁴ And when the hour had come, He reclined *at the table*, and the apostles with Him. ¹⁵ And He said to them, "I have earnestly desired to eat this Passover with you before I suffer; ¹⁶ for I say to you, I shall never again eat it until it is fulfilled in the kingdom of God." ¹⁷ And when He had taken a cup *and* given thanks, He said, "Take this and share it among yourselves. ¹⁸ "For I say to you, I will not drink of the fruit of the vine from now on until the kingdom of God comes." ¹⁹ And when He had taken *some bread and* given thanks, He broke it and gave it to them, saying, "This is My body which is given for you. Do this in remembrance of Me." ²⁰ And in the same way *He took* the cup after they had eaten, saying, "This cup

which is poured out for you is the new covenant in My blood. ²¹ “But behold, the hand of the one betraying Me is with Me on the table. ²² “For indeed, the Son of Man is going as it has been determined; but woe to that man by whom He is betrayed!”

The Gospel

God

Created and owns everything

[*Gen 1:1*](#)—*In the beginning God created the Heavens and the Earth*

[*Psalms 24:1*](#)—*The earth is the Lord’s, and all it contains, the world and those who dwell in it.*

Is Perfectly Holy

[*1 John 1:5*](#)—*This is the message we heard from Him and announce to you that God is light and in Him there is no darkness at all.*

[*Matt 5:48*](#)—*Therefore you are to be perfect as your heavenly Father is perfect.*

Requires perfect obedience to His Law

[*James 2:10*](#)—*for whoever keeps the whole law and yet stumbles in one point, he has become guilty of all.*

Man

Has broken God’s law

[*Rom 3:10,23*](#)—*there is none righteous, not even one...for all have sinned and fall short of the glory of God*

Will pay the eternal penalty for his sin

[*Rom. 6:23*](#)—*For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord*

Cannot save himself by his good works

[Titus 3:5](#)—He saved us not based on works which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit.

Christ

Came to earth both as God and sinless man

[Col 2:9](#)—For in Him the fullness of deity dwells in bodily form

Demonstrated God's love by dying on the cross to pay sin's penalty

[Rom 5:8](#)—But God demonstrated His own love toward us, in that while we were yet sinners, Christ died for us

[2 Cor 5:21](#)—He made Him who knew no sin to be sin on our behalf so that we might become the righteousness of God in Him.

Rose from the grave and is alive today

[1 Cor 15:4](#)—And that He was buried, and that He was raised on the third day according to the Scriptures

Sinners

Must repent of all that dishonors God

[Isa 55:7](#)—Let the wicked forsake his way and the unrighteous man his thoughts; and let him return to the Lord, and He will have compassion on him and to our God, for He will abundantly pardon.

[Luke 9:23](#)—if anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me.

Must believe in Christ as Lord and Savior

[Rom 10:9](#)—that if you confess with your mouth Jesus as Lord and believe in your heart that God raised Him from the dead, you shall be saved.

Will you repent and believe in Christ?

[Acts 17:30](#)—therefore having overlooked the times of ignorance God is declaring to men that all everywhere should repent.

Don't hesitate to contact Pastor Brandon or Pastor Keith if you have any questions about this sermon or if you would like to know how to follow Christ.

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Additional Quotes

What is forbidden is hypocritical judging and judging others' thoughts and motives. But other forms of judgment are explicitly commanded. Throughout Scripture the people of God are urged to judge between truth and error, right and wrong, good and evil. ~ **John F. MacArthur**

Though, in judging of ourselves, we ought to remember that the gate is strait, and few find it; yet, in judging of others, we ought to remember that the Captain of our salvation brings many sons to glory. ~ **Matthew Henry (Nonconformist Biblical Exegete)**

Let us never judge others, for it may be we may come to be indebted to them for their prayers. We may have to crave their intercession, therefore let us not now judge them harshly.) ~ **Charles Spurgeon**

The Pharisees took to judging in order to condemn others and in order to acquit themselves; and that is, indeed, what the natural man always loves to do. ~ **Richard Charles Henry Lenski (American Lutheran Pastor)**

Let us learn to be severe in judging ourselves, but charitable in our judgments of other people. ~ **Matthew Henry (Nonconformist Biblical Exegete)**

That if we be modest and charitable in our censures of others, and decline judging them, and judge ourselves rather, *we shall not be judged of the Lord*. As God will forgive those that forgive their brethren; so he will not judge those that will not judge their brethren; the *merciful shall find mercy*. ~ **Matthew Henry (Nonconformist Biblical Exegete)**

Keep your tongue from criticizing and watch over your words. Know that in judging others you are passing sentence on yourself and that you are yourself guilty of the faults that you blame in them. It is no excuse to say, “If others tell me things I cannot be rude to them.” No one cares to speak to an unwilling listener. An arrow never lodges in a stone; often it recoils upon the shooter of it. Let the detractor learn from your unwillingness to listen not to be so ready to detract. ~ **Jerome**

We must not pass judgment on others' motives. We should examine their actions and attitudes, but we cannot judge their motives—for only God can see their hearts. ~ **Warren W. Wiersbe**

The point is not that we should be moderate in our judging in order that others will be moderate toward us, but rather that we should completely abolish judgmental attitudes. In other words, judgmentalism excludes us from God's pardoning. ~ **D. A. Carson**

But when a brother in a meek and self-judging spirit (cf. [1 Cor 11:31](#); [Gal 6:1](#)) removes the log in his own eye, he still has the responsibility of helping his brother remove his speck (cf. [Mt 18:15–20](#)). ~ **D. A. Carson**

What the Scriptures forbid is *judgmentalism*, a critical and censorious spirit that judges everyone and everything, seeking to run others down. ~ **R. Kent Hughes**

Most people feel free to judge others like this because they erroneously think they are somehow superior to others. ~ **John F. MacArthur**

To *judge* can mean “to decide, to distinguish, to condemn, to avenge,” and it actually can mean “to damn.” These verses do not mean that a child of God is forbidden to judge others, but it does mean that we are not to judge the inward motives of others in the sense of condemning them. We do not know or understand why a brother in Christ does a certain thing. We see only outward acts. God doesn't forbid our judging wrong and evil actions, as we will see. The point is that if you are harsh in your judgments of others, you will be known as the type of person who is severe in his considerations of others. ~ **J. Vernon McGee**

The Christian is not “judging others” but simply telling the world of God’s judgment—that God (not the Christian) has judged all the world as being guilty before Him ([Romans 3:19, 23](#)). ~ **Kirk Cameron; Ray Comfort**

I know of no directions or counsels which Christ ever delivered more plainly, than the rules he has given to guide us in our judging of others’ sincerity; viz. *that we should judge of the tree chiefly by the fruit.* ~ **Jonathan Edwards (American Evangelical Preacher)**

Men in a corrupt and carnal frame, have their spiritual senses in but poor plight for judging and distinguishing spiritual things. ~ **Jonathan Edwards (American Evangelical Preacher)**

You must have a clear perspective of The Christian Life ([Matthew 7:6](#))

Matthew 7:6 LSB

⁶ “Do not give what is holy to dogs, and do not throw your pearls before swine, lest they trample them under their feet, and turn and tear you to pieces.