

# Steps to Solution for a Critical Spirit 2 of 2

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Walking Christian on Critical Spirit / Job

Exploring the ways to solve a critical spirit and walk Christian.

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## IV. STEPS TO SOLUTION

### E. How to Respond When Confronted for Being Critical

(Proverbs 13:13)

- \_\_\_\_\_ your relationship a priority over your need to always be right.

(1 Corinthians 6:7).

- \_\_\_\_\_ a heart willing to understand the other person's perspective. Be willing to change where necessary and to heal any relational tension.

(Romans 12:18).

- \_\_\_\_\_ carefully, even if you disagree with the other person's opinion. Give yourself time to consider what the other person says before you respond.

(James 1:19).

- \_\_\_\_\_ with humility. Release your reputation to God and ask Him to help you with your relationships.

(1 Peter 5:6).

- \_\_\_\_\_ those who confront you as being gifts from God. Flattery builds your pride, but confrontation helps you grow in the Lord.

(Proverbs 27:6).

- \_\_\_\_\_ dignity and discernment. Allow God to speak to you through the other person. Your confronter may be someone who can help you overcome your critical attitudes. Even if you do not agree with your confronter, God may still use this opportunity for you to esteem the confronter for both the courage displayed in confronting you and for the value placed on your relationship.

(Proverbs 15:32).

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- \_\_\_\_\_ the counsel of your confronter without being defensive or reactive. God may be using this person to help you grow closer to Him. The benefits of confrontation may include coming closer to God, living a more loving lifestyle, and growing more intimate with your confronter.

(Proverbs 29:1).

## *When You Don't Want to Be a "Know-It-All" ...*

**Question: "What should I do if I usually know the correct answers but I don't want a 'know-it-all' reputation?"**

**Answer:** The issue isn't knowing all the correct answers, but rather \_\_\_\_\_ . For starters:

- Don't assume that you should always \_\_\_\_\_ people when they are wrong or when they make a mistake, unless the consequences to them or someone else is substantial or *life-threatening*.
- When you do express your thoughts in a conversation, you could follow with, "What are your \_\_\_\_\_?"
- Don't assume that you should always be the \_\_\_\_\_ to give an answer when questions are asked.
- Ask God for \_\_\_\_\_ as to when to speak and when to be silent.

(Proverbs 29:20)

## F. How to Ask Forgiveness for Being Critical

- \_\_\_\_\_ your critical spirit.
- \_\_\_\_\_ God's work in your life.
- \_\_\_\_\_ your untrustworthiness.
- \_\_\_\_\_ for clarification.
- \_\_\_\_\_ for further clarification.
- \_\_\_\_\_ each offense.
- \_\_\_\_\_ forgiveness.
- \_\_\_\_\_ your commitment.
- \_\_\_\_\_ your gratitude.

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## When You've Offended Your Friends ...

**Question:** "I've recently realized that I have a critical spirit and have offended some close friends. God has shown me that I am pushing others away by the way I interact with them. How can I earn the respect of my friends who no longer trust me."

## When You Can't Forgive Yourself ...

**Question:** "How can I forgive myself for continually criticizing the woman I love? Even though she has forgiven me, I have lost her."

## G. How to Respond to Your Critic

### 10 Steps to Respond to Criticism

- #1 Be assured, you can \_\_\_\_\_ others in the same way Christ accepts you....
- #2 Be \_\_\_\_\_ to the slightest kernel of truth when you are criticized....
- #3 Be willing to consider that the criticism may be \_\_\_\_\_. Your critic may be God's megaphone to get your attention....
- #4 Be diligent about receiving criticism without becoming \_\_\_\_\_.
- #5 Be determined not to speak \_\_\_\_\_ of your critic....
- #6 Be committed to \_\_\_\_\_ for your critic....
- #7 Be aware that as a follower of Christ, you will be \_\_\_\_\_....
- #8 Be encouraged that you will be \_\_\_\_\_ by God because you are His child....
- #9 Be dependent on the Lord's perspective to determine your worth and value, not on the \_\_\_\_\_ of others....
- #10 Be discerning regarding the \_\_\_\_\_ of the critical words of others....

## H. How to Forgive Your Critic

### How to Handle "The Hook"

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## I. How to Confront Someone Who Has a Critical Spirit

### When you must confront ...

- \_\_\_\_\_ your heart and mind with God's heart.
- \_\_\_\_\_ emotions to subside before confronting the problem.
- \_\_\_\_\_ a clear, accurate understanding of the situation before you speak.
- Ask permission before you speak.
- \_\_\_\_\_ responsibility for any wrongful actions on your part.
- \_\_\_\_\_ analyzing another person's feelings or actions.
- \_\_\_\_\_ the "sandwich approach" in voicing your criticism.
- \_\_\_\_\_ your criticism at the specific, problematic behavior, not at the person.
- \_\_\_\_\_ from negative phrases containing "always" or "never."
- \_\_\_\_\_ only one current problematic behavior.
- \_\_\_\_\_ some responsibility for finding a solution to the problem.
- \_\_\_\_\_ God together with a united heart.

## J. How to Respond to Criticism from Significant People

### #1—Critical Parents

**Question:** "My parents were so critical of me in my childhood that when I became an adult, I withdrew physically and emotionally. I love my parents and have tried reconciliation, but how is this possible when there is no change? Now that I am pregnant, I feel that I must withdraw to protect my child."

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## #2—Critical Spouse

**Question:** “How can I deal with my critical, perfectionistic spouse? He was raised by a critical mother, and I was raised by a critical father.”

## #3—Critical Friends

**Question:** “How can I keep from being negatively affected by two verbally abusive people who attack my Christian commitment?”

## #4—Critical Manager

**Question:** “How can I deal with my manager who is excessively critical of me? I feel beat up all the time!”

## #5—Critical Church Leaders

**Question:** “Several leaders in my church have judgmental spirits and continually criticize other members. I try to be pleasant and forgiving, but is this the way the leaders in church should act?”

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## K. How to Triumph with Truth

### Truth That Triumphs over Criticism

- God provides mercy, grace, and \_\_\_\_\_ in our times of need.
- God suffered for us and bids us to bear the \_\_\_\_\_ He bore.
- God brought \_\_\_\_\_ from Jesus' bearing the brunt of cynical critics, and He will bring good from unjust criticism aimed at us.
- God secured our healing from the wounds of criticism by being \_\_\_\_\_ Himself.
- Enduring criticism \_\_\_\_\_ us with Jesus, who endured criticism for us.
- Suffering the grief of \_\_\_\_\_ criticism proves our faith.
- Finding God's comfort in the midst of criticism equips us to \_\_\_\_\_ others.
- Bearing the pressure of \_\_\_\_\_ reveals the life of Christ in us.
- Facing the fiery trial of criticism perfects perseverance and leads us to \_\_\_\_\_ and completeness of character.