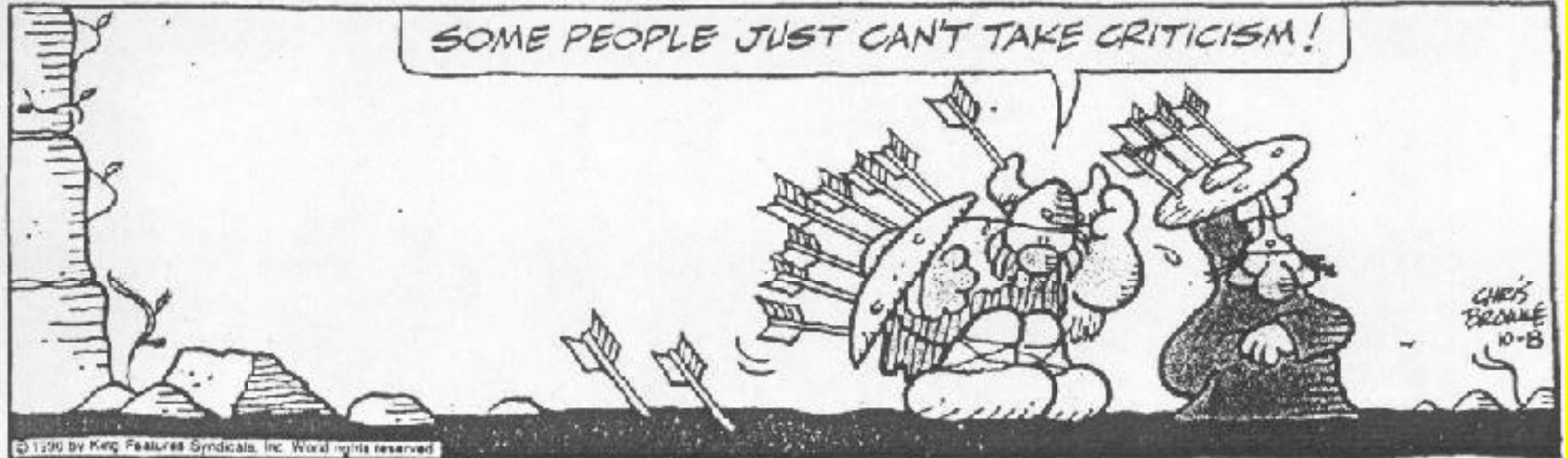


Some People Just Can't Take Criticism!

HAGAR THE HORRIBLE

SOME PEOPLE JUST CAN'T TAKE CRITICISM!



Matt 7:2-5

And why do you look at the speck in your brother's eye, but do not notice the log that is in your own eye?

Or how can you say to your brother (son) "Let me take the speck out of your eye, and behold the log is in your own eye?"

You hypocrite, first take the log out of your own eye, and then you will see clearly enough to take the speck out of your brother's (wife's) eye.

Introduction

- First look to self, rather than to change the other person.
- But, one is **not to deal with oneself alone**.
 - Proverbs 27:6 “Faithful are the wounds of a friend.”
 - Romans 15:14 “Admonish one another”
 - *Silence may be golden but sometimes it is just plain yellow*

Biblical Instruction

- Proverbs 12:1 “He that hates reproof is stupid!”
- Proverbs 12:15 “He that hearkeneth unto counsel is wise.”
- Proverbs 13:18 “If you refuse criticism you will end up in disgrace.”
- Proverbs 23:12 “Don’t refuse criticism.”
- Proverbs 25:12 “He wears a badge of honor who *accepts* reproof.”
- Ephesians 4:15 “Speak the *truth in love*”

All of Us Are Imperfect - Need Help! True of Every Relationship.

- We all need help from others to shed light on our blind spots.

What's the Problem?

- Problem is not criticism -- but *destructive* criticism.
- Must build up & and not tear down!

The Criticism Pledge...

“I promise, as your mate, that I will never speak ill of you to friend, family, or stranger. I will not embarrass or belittle you in front of others, nor will I be critical of you in your absence. I will not discuss our personal problems with anyone without your permission. This is my pledge to you.”

Why? Because of your **loyalty!**

How to Criticize Constructively

- Choose your setting carefully. Timing is everything!
 - Do so after a meal and not when hungry.
 - Criticize in private - praise in public!
 - Do so only when you believe the other person is *emotionally ready* to accept it.

Consider the *feelings* of the other person

- Get their *permission* first.

Most People Want Help

- However, “*A man convinced against his will is of the same opinion still.*”

Don't Give an Overdose

Common failure is to pour it on! “And another thing, and another thing, etc.”



Overdosing destroys the motivation to change!

- *The solution is to deal with only one criticism at a time.*

Important Key!

- **Only One Criticism a Week.**
 - Proverbs 17:9 “He that harpeth on a matter separates chief friends.”

24 Hour Criticism Fast

- For a period of 24 hours, refrain from criticizing yourself, the government, the food, your boss, co-workers, your spouse, your surroundings, come to a complete halt for 24 hours!!
- Watch out for back seat driving and comments on other drivers. Phone calls can be dangerous.

24 Hour Criticism Fast

- You cannot criticize anyone for any reason unless human life is in danger.
- Another exception would be someone on the fast criticizing without realizing it.

24 Hour Criticism Fast

- This is not as easy as it sounds. If you find yourself being critical...
- Make a note of the time and start your “fast” over again until you have gone for 24 hours (including the time you are asleep) without being critical at all!

Why Should You Try?

- It will increase **your awareness** of the critical nature of our **society**.
- It will help you to **become aware of your own compulsion to criticize**
- It will enable you to experience the **power of self-mastery, and most importantly ..**
- “So that you can lay a foundation for love and acceptance in your home **instead of rejection.**”

How Many Will Commit To The 24 Hour Fast?

- Those who are most reluctant are most likely to need this exercise.
- It is fun and insightful.

Couple Criticism With Compliments

- Notice ratio: Three compliments to one criticism. (Revelation 2:1-4)
- *“The bitter pill of criticism can be swallowed much easier if first sugar-coated with the medicine of sincere praise.”*
- Mary Poppins: “A spoonful of sugar makes the medicine go down.”

How do you Receive Criticism Constructively

- Let your first words be: Thank You!
 - 1 Thessalonians 5:18. “In everything give thanks.”
 - **He said it to your face - not behind your back**
 - **If it is true - you need to change and now you can grow.**
 - **If false - gives you opportunity to correct the misunderstanding.**

Always Ask What Can I Learn?

- Then take action if possible.

What About the Things That Won't Change?

- 1 Peter 4:8 “Love covers a multitude of sins”
- *Love accepts many imperfections.*

Say the Serenity Prayer!

- **“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference!”**

Conclusion

- **Don't mind criticism. If it is not true, disregard it. If it is unfair, keep from irritations. If it is ignorant, smile. If it is justified, learn from it!**