

Not Judging and Self Accountability

Practicing not judging

- Get used to respecting people and esteeming them highly whether in their presence or not.
- Get used to not to speak harshly to or about anyone. Don't criticize people
 - Put a difference between criticizing people and criticizing actions. And if you have to criticize, make sure your criticism is constructive and not destructive.
- Practice to speak only about people's virtues.
- Spend your free time in useful work rather than talking about people
- Fill your mind with useful readings and ideas and your time with profitable works so that when you enter into a discussion it's about appropriate topics.
- Try your best not to get involved in discussion nor listen to bad things spoken about people
- And even if you hear about the mistakes and shortcomings of others, don't believe it.
 - Always seek proof. Give people the benefit of the doubt.
- Pray for the person who's under people's judgement, and ask for him mercy and forgiveness.
 - Never allow the fall of one of your brethren, or else you would've judged him already. (Moses the black).
- If you want to correct others, you should do it in respect and not lack there of, or by talking about him behind his back.
 - Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. (Galatians 6:1)
 - Know that God is going to judge you according to your works and not according to other people's works.
- Practice controlling what you say, and practice silence.
- Beware of sources that cause you to judge others
 - Whether it's people speaking about others
 - Or it's getting involved in an activity with people you're uncomfortable with.
- Treat the judgmental attitude with Aghapy love.
- Remember the consequences of Judging on yourself.
 - Judge not, that ye be not judged. (Matthew 7:1)
 - For with what judgment ye **judge**, ye shall be **judged**: and with what measure ye mete, it shall be measured to you again. (Matthew 7:2)
 - **Judge** not, and ye shall not be **judged**: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven. (Luke 6:37)
- Don't always assume the worst of people and don't judge in haste.
- Practice to have mercy on people when dealing with them.
- Practice to tolerate those who hurt you.
- Practice giving excuses for others rather than being critical of their actions and judging their intentions.
- Contemplate on others virtues.
 - Learn from them. There is always something to learn from anyone, even little

kids.

- Remember how God hides our many sins.
- **Judge** not, and ye shall not be **judged**: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven (John 7:24)
- Ye **judge** after the flesh; I **judge** no man. (John 8:15)
- 2But we are sure that the judgment of God is according to truth against them which commit such things. 3And thinkest thou this, O man, that judgest them which do such things, and doest the same, that thou shalt escape the judgment of God? 4Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance? (Romans 2:2-4)
- Who art thou that **judgest** another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand. (Romans 14:4)
- But why dost thou **judge** thy brother? or why dost thou set at nought thy brother? for we shall all stand before the judgment seat of Christ. (Romans 14:10)
- Therefore **judge** nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God. (Corinthians 4:5)
- For what have I to do to **judge** them also that are without? do not ye **judge** them that are within? But them that are without God **judgeth**. Therefore put away from among yourselves that wicked person.(Corinthians 5:12-13)
- 2Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters? 3Know ye not that we shall judge angels? how much more things that pertain to this life? 4If then ye have judgments of things pertaining to this life, set them to judge who are least esteemed in the church. 5I speak to your shame. Is it so, that there is not a wise man among you? no, not one that shall be able to judge between his brethren? 6But brother goeth to law with brother, and that before the unbelievers. 7Now therefore there is utterly a fault among you, because ye go to law one with another. Why do ye not rather take wrong? why do ye not rather suffer yourselves to be defrauded? 8Nay, ye do wrong, and defraud, and that your brethren.(1 Corinthians 6:2-5)

Practice Self Accountability

- “Judge yourself, before you are judged by others” (st. Macarius the great)
- **Judge** not, and ye shall not be **judged**. In the same token do not judge lest you be judged.
- Every time you start judging others, remember your own sins.
- Happy is the man who judges himself and highly esteems others. Happy is the man that sees his own faults rather than others. (St. Isaac the Soriany)
- Hold yourself accountable to what you've been asked. Don't seek justifications from your responsibility.
- Be tough with yourself. Be honest with yourself. Know your weaknesses and your strengths. Realize that your strengths are from God and not from your own merits.
- Always give the glory to God whenever something you do is successful and always accepts the blame when something goes wrong, because it just means that you didn't follow God's plan very well.