



## THE WALNUT WAY

Walnut Hills United Methodist Church

### N - Non-Judgmental Way of Life Adults and Youth

**GOAL** – Refuse to sit in judgment of anyone – be open to everyone .

#### **THINGS TO REMEMBER**

- We can have sharp differences of opinion with someone without judging him or her.
- Often our judgmental attitude is a reflection of something painful inside ourselves.
- When we judge another we place ourselves in a superior position, which can cause serious damage to our own spiritual journey.
- God is willing to accept the differences of others – we are called to love the ones God accepts.
- Refusing to judge ourselves harshly is also part of the goal.

#### **STEPS TOWARD THE GOAL**

- Pray specifically for the well-being of someone you are inclined to judge.
- Decide what categories of people you typically judge and read about what it is like to be them.
- Get to know one person who seems to be from that category and listen to him or her. Do this, not as a “project,” but in order to change your life.