

TAKE HOME SHEET



Series: Encounters
Message: The Self-Aware
Speaker: Yayo Espinosa
Date: June 15, 2025

Take some time to read the passage we focused on today. Underline the words and phrases that stand out to you as you read.

¹ Do not judge others, and you will not be judged. ² For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. ³ And why worry about a speck in your friend's eye when you have a log in your own? ⁴ How can you think of saying to your friend, "Let me help you get rid of that speck in your eye," when you can't see past the log in your own eye? ⁵ Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye. ⁶ Don't waste what is holy on people who are unholy. Don't throw your pearls to pigs! They will trample the pearls, then turn and attack you.

Matthew 7:1–6 (NLT)

Let these words sink in. Imagine you're one of the disciples, just finished arguing with your crew, and then Jesus drops this.

What's your first reaction?

Take a few minutes and reflect on these: Where am I quick to judge—but slow to reflect?

- Is it with a family member? A coworker? Someone on social media?
- Why is it easier to critique them than to look inward?
- What might that say about my own insecurities, pride, or pain?

Who have I criticized recently... and what might that reveal about my own heart?

- Did I gossip? Did I roll my eyes?
- Was it really about *them*—or was something deeper going on in *me*?

What would it look like to respond with humility before I react?

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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What would it have been like to meet Jesus face to face?

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Matthew 7:1–4 (NLT)

Being self-aware means recognizing that we're not perfect and that we all have "logs" in our lives.

Jesus isn't condemning correction—He's calling us to lead with humility and self-awareness.

⁵ Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye. ⁶ Don't waste what is holy on people who are unholy. Don't throw your pearls to pigs! They will trample the pearls, then turn and attack you.

Matthew 7:5–6 (NLT)

It's not judgment that makes us hypocrites—it's judging without looking in the mirror first.

Be real. Be humble.

Real change starts with self-awareness—because we can't lead with grace until we've looked within.

What if, instead of condemning, we chose compassion?

What if, instead of pride, we chose mercy?

What if, instead of pointing fingers, we chose to reflect first?

What if we chose love over judgment—every time?

How we respond in the ordinary is what shapes who we become.