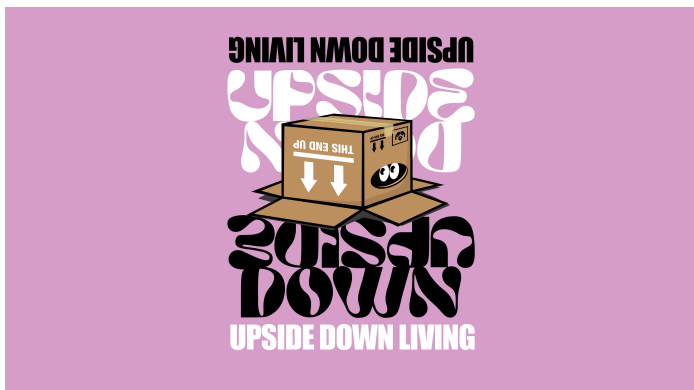


MESSAGE NOTES



Series: Upside Down Living
Message: Inside Out- The kind of person you're becoming matters more than you think.
Speaker: Yayo Espinosa
Date: October 12, 2025

Do not judge others.

³⁷ *"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven."*

Luke 6:37 (NLT)

Kingdom people don't use their own standards to measure others.

Do not condemn others.

Upside Down Living means we refuse to write people off.

¹⁷ *For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.*

John 3:17 (ESV)

Forgiveness is where everything becomes real.

The real test of a transformed heart isn't just holding back judgment; it's releasing forgiveness.

ἀπολύω (Forgive) — apolyō- To release, to let go, to set free, to dismiss.

Forgiveness isn't excusing the wrong; it's releasing the weight.

Forgiveness is not forgetting—it's choosing not to hold it against them.

Forgiveness is giving others what God has already given you.

³² *Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Ephesians 4:32 (NLT)

Forgiveness is Upside Down Living.

When you choose to forgive, something powerful happens: you start to look more like Jesus.

¹³ *Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.*

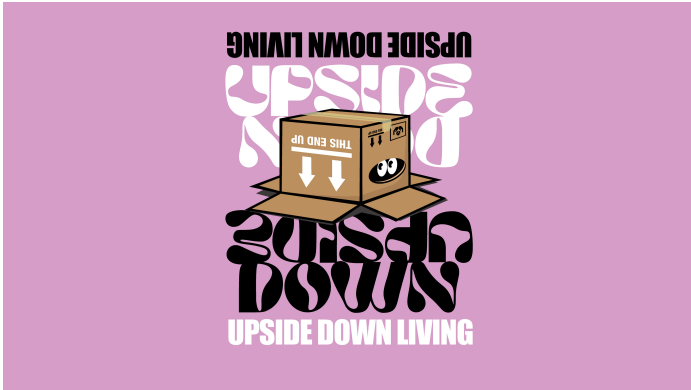
Colossians 3:13 (NLT)

BIBLE TRANSLATIONS:

NLT— New Living Translation

ESV— English Standard Version

TAKE HOME SHEET



Series: Upside Down Living
Message: Inside Out- The kind of person you're becoming matters more than you think.
Speaker: Yayo Espinosa
Date: October 12, 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.

³⁷ *"Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven."*

Luke 6:37 (NLT)

In this one verse, Jesus gives us three countercultural commands that reveal what Upside Down Living looks like:

Don't judge. Don't condemn. Forgive. Each one flips our natural human response and calls us to reflect the heart of the Kingdom—mercy, grace, and release.

Have you ever been judged unfairly? What did that feel like?

Why do you think judging others comes so naturally to us?

What's one situation where forgiving someone changed your attitude or peace?

What's the difference between judging and condemning?

What's the danger in condemning someone?

The Greek word ἀπολύω (apolyō) means to release, to let go, to set free.

What might God be asking you to let go of today?

How does holding on to resentment affect your spiritual growth?

What's one step you can take this week toward release or reconciliation?

Upside Down Living means trading judgment for mercy, condemnation for compassion, and bitterness for forgiveness. Jesus doesn't start by changing your circumstances—He works from the inside out.

BIBLE TRANSLATIONS:
NLT— New Living Translation