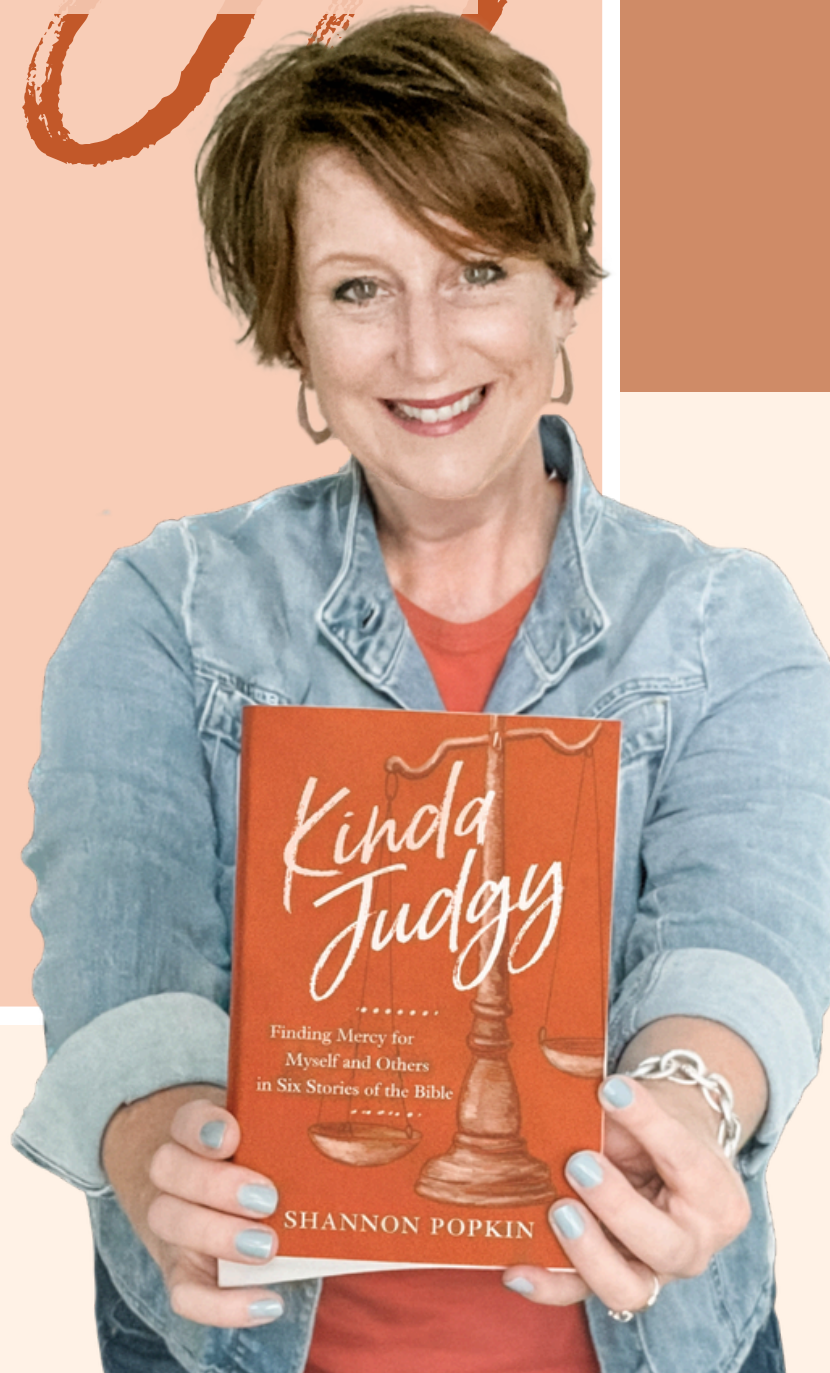


# judgy

HEARTCHECK

FREE HEARTCHECK  
& READER'S GUIDE  
BY SHANNON  
POPKIN



# Are you kinda judgy?

Welcome!

So... you got your quiz results. Did you discover that you're kinda judgy?

Jesus tells us that we—the people of God—are to be merciful, just like our Father in heaven. But that doesn't mean we toss aside good judgment. And that raises some real-life questions, like:

- *My neighbor plays his music too loud. Is it okay to ask him to turn it down?*
- *My church affirms homosexuality. Is this wrong?*
- *My school-aged kids are mouthing off. Am judgy to correct them?*
- *My sister is sleeping with her boyfriend. Should I say something?*



The Bible speaks to all of these “right or wrong” questions. And to help you think through situations like these from a biblical perspective, I created two appendixes in the back of Kinda Judgy:

- **Judging Behavior: Am I Right to Judge?**
- **Judging Beliefs: Am I Right to Judge?**

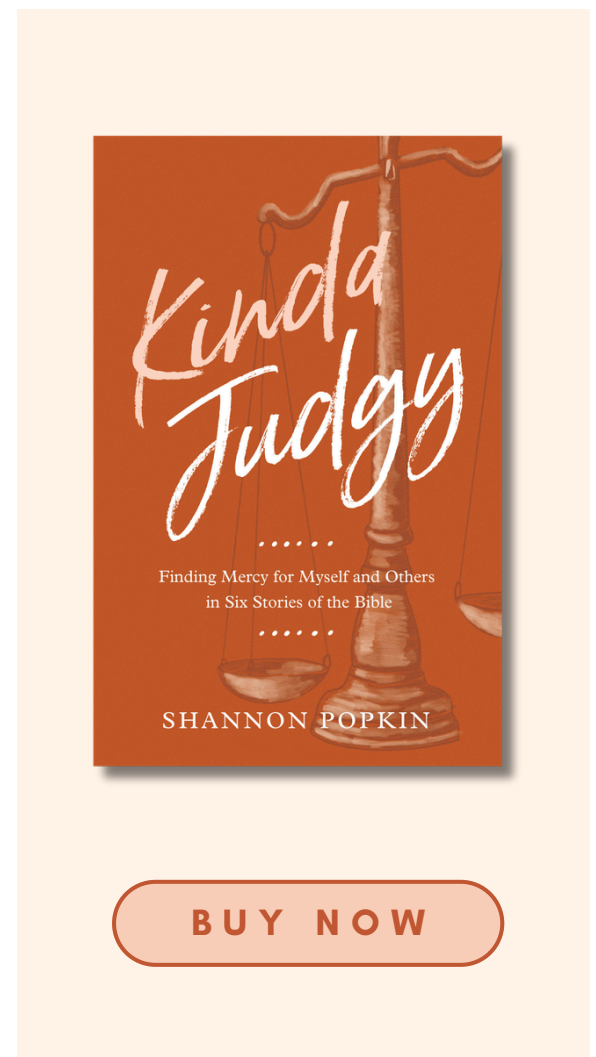
But this HeartCheck's purpose is different. It's for your heart.

When you know your judgment has gone off track, this tool helps you bring it to the Lord—so He can replace judgment with mercy and show you what to do next.

The next time you feel that inner gavel rise... pull this out. You can print the HeartCheck or keep it on your phone for easy reference as you work through Kinda Judgy—and long after you finish.

You're not stuck being judgy. Come encounter the mercy that reshapes your heart.

Shannon<sub>1</sub>



BUY NOW

Am I holding

God's gavel?

**Am I standing in for God as judge?**

"Do not criticize one another, brothers and sisters. Anyone who defames or judges a fellow believer defames and judges the law... But who are you to judge your neighbor?"

(James 4:11, CSB)

**Am I judging by rules God didn't make?**

"One who eats must not look down on one who does not eat, and one who does not eat must not judge one who does, because God has accepted him."

(Romans 14:3, CSB)

**Have I been trying to destroy someone Jesus loves?**

"Do not destroy... someone for whom Christ died."

(Romans 14:15, CSB)

**Am I rushing to a verdict God hasn't given yet?**

"So don't judge anything prematurely, before the Lord comes, who will both bring to light what is hidden in darkness and reveal the intentions of the hearts."

(1 Corinthians 4:5, CSB)

Am I a

# *judgy hypocrite?*

**Have I magnified her splinter and minimized my log-sized arrogance and pride?**

“First take the beam out of your own eye, and then you will see clearly...” (Matthew 7:5, CSB)

**How do I do the same things I’m judging him for?**

“For when you judge another, you condemn yourself, since you, the judge, do the same things.” (Romans 2:1, CSB)

**Am I being overly critical of something small?**

“Blind guides! You strain out a gnat, but gulp down a camel!” (Matthew 23:24, CSB)

**Have I forgotten that my judgment invites judgment?**

“Don’t complain about one another... so that you will not be judged.” (James 5:9, CSB)

**Have I wrongly kept a record of wrongs?**

“Above all, maintain constant love for one another, since love covers a multitude of sins.” (1 Peter 4:8, CSB)

Am I

# harsh or merciful?

## **Am I treating him or her with contempt?**

“But you, why do you judge your brother or sister? Or you, why do you despise your brother or sister?”

(Romans 14:10, CSB)

## **Do I talk or act like this person is worthless?**

“Whoever says, ‘You fool!’ will be subject to hellfire.”

(Matthew 5:22, CSB)

## **Do I grieve over his sin? Or wish he’d be punished?**

“I take no pleasure in the death of the wicked... but rather that the wicked person should turn... and live.”

(Ezekiel 33:11, CSB)

## **Do I hope good things or horrible things for her?**

“It bears all things, believes all things, hopes all things, endures all things.” (1 Corinthians 13:7)

## **Is my judging causing her to fall?**

“Therefore, let us no longer judge one another. Instead decide never to put a stumbling block or pitfall in the way of your brother or sister.” (Rom. 14:13, CSB)

Am I judging by

*appearances?*

**Am I making judgments based on prejudice?**

“Haven't you made distinctions among yourselves and become judges with evil thoughts?”

(James 2:4, CSB)

**Am I weighing her motives or judging her heart?**

“Humans do not see what the Lord sees... the Lord sees the heart.” (1 Samuel 16:7, CSB)

**Am I assuming I know more than I actually do?**

“[They] told him..., ‘We know that this man is a sinner.’” (John 9:24)

**Am I discriminating based on her past, or my experiences?**

“Stop judging according to outward appearances; rather judge according to righteous judgment.”

(John 7:24)

# Am I a turning convictions *into judgment?*

**Am I judging her for applying the Bible differently than I do?**

“One who eats must not look down on one who does not eat... and one who does not eat must not judge one who does.” (Romans 14:3, CSB)

**By judging, am imposing my convictions on them?**

“Let each one be fully convinced in his own mind.”  
(Romans 14:5, CSB)

**Am I more invested in being right than in loving her?**

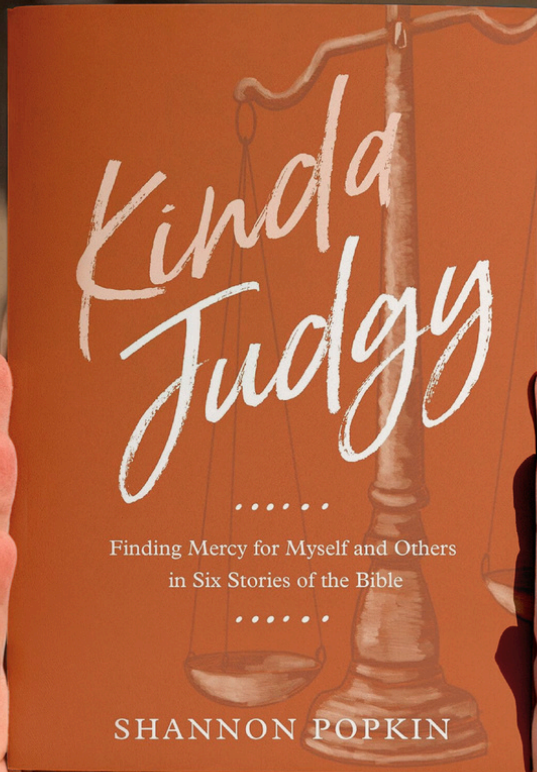
“For the kingdom of God is not eating and drinking, but righteousness, peace, and joy...” (Romans 14:17, CSB)

**Do I have a judgment attitude that is tearing others down?**

“So then, let us pursue what promotes peace and what builds up one another.” (Romans 14:19, CSB)

**Is my conviction based on the Bible?**

“Now we know that God’s judgment on those who do such things is based on the truth.” (Romans 2:2)



Tired of being  
judged—and tired  
of being so judgy?

Find mercy for yourself  
and others.



buy the book



podcast series



share the quiz



Discover mercy.



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