

HOW TO HANDLE CRITICISM

Principles from Proverbs



PROV 3:11-12

My son, do not despise the LORD's discipline, and do not resent his rebuke, because the LORD disciplines those he loves, as a father the son he delights in. (God may use others to speak to you!)

PROVERBS 15:32

He who disdains instruction despises his own soul, But he who heeds rebuke gets understanding.

PROV 13:18

If you ignore criticism, you will end in poverty and disgrace; if you accept correction, you will be honored.

PROV 12:1

Whoever loves discipline loves knowledge, but whoever hates correction is stupid.

PROV 15:5

Fools reject their parents' correction, but anyone who accepts correction is wise.

PROVERBS 29:1

He who is often rebuked, and hardens his neck, Will suddenly be destroyed, and that without remedy.

PROVERBS 27:6

Faithful are the wounds of a friend, BUT the kisses of an enemy are deceitful.

PROVERBS 11:14

Where *there is* no counsel, the people fall; But in the multitude of counselors *there is* safety.

STEPS FOR THINKING ABOUT CRITICISM:

- Listen to it without attack or defensiveness. Then, think about it, asking the Lord to teach you.
- Is it accurate? Inaccurate? Not sure? Is it malicious? (destructive?)
- Consider the source. Is it someone trying to help? (Proverbs 27:6)
- If unsure, talk to God (Psalm 139:23,24) and wise counselors (Prov 11:14) Remember, you may have blind spots (things about yourself you don't realize) and criticism can help you learn. God and godly counselors can help you see your blind spots and your faults.
- Ask, how can I grow from this? Do I need to apologize or acknowledge the criticism or talk with the person? We will talk about how to handle malicious criticism next week.

HOW TO NOT LEARN FROM CRITICISM:

Attack the person who criticizes you.

They don't care about me. They are just a mean person.

Make excuses (be defensive and refuse to accept the criticism).

I had a bad day. I was not feeling good. I was stressed out.

I didn't eat breakfast that day. That's just the way I am.

I can't _____.

Shift the blame.

It wasn't my fault; it was Taylor Swift's fault.

It's not my fault, it's your fault. You made me do it.

We can blow the criticism way out of proportion and dismiss it.

They act like I killed someone.

You just think everything I do is wrong.

We can try to overly minimize the criticism and dismiss it.

Well, I'm not perfect!

It didn't really hurt anyone.