

Ways to Combat Judging

When critical thoughts slip into your mind, think about God tuning into your thoughts. How does it look to him? Consider how it pleases God if you strive to think kindly rather than critically of someone.

“The measure with which you measure will be measured back to you” (Matthew 7:1). Love others, pray for them to make up for what is lacking and you will receive back from God in full measure.

When your mind strays to critical thoughts, force yourself to come up with positive attributes about that person. “Make it a practice to judge persons and things in the most favorable light at all times and under all circumstances”— St. Vincent de Paul.

If you are a parent, remember how much you love your own children, faults and all, and imagine how much his parents love him. Or perhaps they didn’t love him, which would be tragic and bring out sympathy. In either case, it helps block negative feelings.

Pray for anyone that irritates you and push the irritation out of your mind.

Think of the person as a child of God. Remind yourself that God loves them as much as he loves you.

See Jesus Christ in everyone you meet. “Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.” (Matt 25:40)

Remind yourself that you have plenty of faults and God wants you to worry about the beam in your own eye.

Father Rick approves the following opinion on Martin Luther that was in a Catholic apologist article on Romans chapter 3:28-30.

I have sometimes been asked the question, “Was Martin Luther right or wrong?” And my answer is always this, “Right or wrong about what!” Luther was a complex individual. Lutherans might see Luther as Lutheran and Protestants might see Luther as Protestant. Some

Evangelicals see Luther as a great holy man of God and other Evangelicals see Luther as a heretic equally as bad as the Catholics. As for me I see Luther as an Augustinian Catholic priest because he was in fact a Catholic priest.

Where Fr. Martin Luther has left Catholic teaching, I leave Luther. Where Luther defended Catholic teaching, I stand with Luther. Although it is true, Luther left the Catholic Church on some of its teachings; it is also true he defended many Catholic teachings. For example, Luther defended most of the Marian teachings. He defended the prayer the "Hail Mary". He defended the "Immaculate Conception". He defended "Mary ever-virgin". He even gave the Catholic Church credit for the existence of the Bible. And so on these and more I stand with Fr. Martin Luther. Perhaps the reason why some Evangelicals consider Luther a heretic is because of his many Catholic understandings that he did not reject.