

Lesson #10

Topic: "Do Not Judge"

Lesson Plan

Grade Level: 5th & 6th (Ages 11-12)

Lesson Duration: 45-60 minutes

Lesson Objective:

Students will understand Jesus' command not to judge others, learn why it is important, and reflect on how to practice mercy, understanding, and compassion in daily life.

1. Opening Prayer (2–3 min)

- Begin with a prayer asking God to help us see others with love and kindness, and to guide our hearts away from judgment.

2. Introduction: What Does It Mean "Not to Judge"? (5 min)

- Explain that **judging others** means forming opinions about them in a way that can be harsh, unfair, or unkind.
- Ask students: *"Have you ever been judged unfairly? How did it feel?"*
- Explain that Jesus wants us to be **compassionate, patient, and understanding** instead of criticizing others.

3. Jesus' Teaching (10 min)

- Reference the Scripture: *"Do not judge, so that you will not be judged."* (Matthew 7:1)
- Key points:
 1. We cannot completely understand someone else's heart or struggles.
 2. Judging others can turn us away from God's love.
 3. We should prioritize self-improvement over criticizing others.
- Storytelling idea:
 - **Read and discuss** the two included stories with the lesson plan
 - Share a short story of someone who was quick to judge but learned to be kind and understanding.

- Optional: Ask students to give examples from their own experiences.

4. Reflection / Discussion (5–7 min)

- Ask questions:
 - *Why is it hard not to judge others?*
 - *How can judging hurt others and ourselves?*
 - *What is a better way to respond when someone does something wrong?*
- Please encourage students to think of one time this week when they can **practice mercy instead of judgment.**

5. Activity Ideas (5–7 min)

1. **Scenario Discussion:** Provide brief situations (e.g., someone forgot their homework, someone looks different) and ask students to think of kind, non-judgmental ways to respond.
2. **Reflection Sheet:** Write a brief paragraph: "One way I will avoid judging others this week is..."
3. **Role-Play:** Act out a situation where someone is tempted to judge and show a compassionate response.

6. Closing Prayer (2–3 min)

- Thank Jesus for teaching us to love, not judge.
- Ask God to help us see others with mercy, patience, and understanding every day.

The Story of St. Moses the Black and the Judgment of a Brother

St. Moses was once invited to a meeting of the monks in the desert. They were gathering to judge a brother who had sinned. At first, Moses did not want to go. When the elders insisted, he came carrying a basket full of sand on his back, but the basket had holes in it, so the sand spilled out behind him as he walked.

The other monks were surprised and asked him what it meant. St. Moses answered: **"My sins run out behind me, and I do not see them. Yet today I am coming to judge the sins of another?"**

The monks were moved by his words. They forgave the brother who had sinned and decided never again to be quick to judge.

LESSON:

St. Moses taught that we should remember our own sins and weaknesses instead of judging others. When we show mercy, we become more like Christ, who forgives us.

The Story of St. Makarios of Egypt and the Skull

One day, while walking in the desert, **St. Makarios of Egypt** found a human skull lying on the ground. He picked it up and, by God's power, the skull spoke to him. It stated that it had once belonged to a pagan priest who did not believe in Christ.

Makarios asked the skull what kind of life the souls of the pagans had after death. The skull replied:

"We are in great darkness and suffering. But when you pray for us, we see a little light."

Makarios was moved with compassion. He realized that it was easy to judge others — pagans, sinners, even those who lived differently — but God's mercy was greater than judgment—from that day on, St. Makarios prayed even more for all people, showing mercy instead of judgment.

LESSON:

This story teaches that instead of judging others quickly, we should pray for them. Only God knows people's hearts, and our role is to show compassion.

WORKSHEET: DO NOT JUDGE

Scripture Fill-in-the-Blank

Complete the verse from Matthew 7:1-2:

"Judge not, that you be not _____. For with the _____ you judge, you will be _____."

(Word Bank: judged, measure, judged)

Reflection Prompt

Think of a time when you judged someone too quickly (maybe at school, at church, or with a friend). What could you have done differently to show kindness instead?

Write 3–4 sentences

Saint Story Connection

Read (or review) the story of **St. Moses the Black and the basket of sand**. Then answer:

- What lesson did the other monks learn from him?
- How does this story connect to Jesus' command not to judge?

Role-Play Scenario

Work in pairs or groups. Act out one of these short situations, then discuss how to respond without judging:

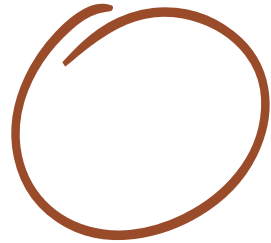
- A new student comes to class dressed differently.
- A friend makes a mistake in a game.
- Someone doesn't know a prayer at church.

WORKSHEET



“Do Not Judge”
Circle the Synonyms!

WORD BANK:



- Condemn
- Love
- Do not criticize
- Refrain from judging
- Pass judgment
- Have patience
- Do not fault
- Blame
- Abuse
- Do not condemn
- Accuse
- Withhold judgment
- Fault
- Do not be judgmental
- Sentence
- Do not pass sentence
- Denounce

