

Beware of Your Competitor: The Body

No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize. **-1 Corinthians 9:27**

Refining the Anointing

Although he was a son, he learned obedience from what he suffered. **-Hebrews 5:8**

Run for the Prize

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. **-1 Corinthians 9:25**

The Blessing of Having an

Enemy

Afterward, David was conscience-stricken for having cut off a corner of his robe. **–1 Samuel 24:5**

Right or Wrong, Leave It to God

For it is God who is at work in you, both to will and to work for His good pleasure. **–Philippians 2:13, NAS**

Judge and You Will Be Judged

Do not judge, or you too will be judged. **–Matthew 7:1**

How to Cope With the Past

Many a time have they afflicted me from my youth, may Israel now say: Many a time have they afflicted me from my youth: yet they have not prevailed against me. **–Psalm 129:1-2**

How to Handle Criticism

I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. My conscience is clear, but that does not make me innocent. It is the Lord who judges me. **—1 Corinthians 4:3-4**

Pray in the Spirit

Build yourselves up in your most holy faith and pray in the Holy Spirit. **—Jude 20**

How to Handle Criticism

First Corinthians 4:3-4 says: “I care very little if I am judged by you or by any human court; indeed, I do not even judge myself. My conscience is clear, but that does not make me innocent. It is the Lord who judges me.”

This message is a word that is relevant for anybody who has difficulty in handling criticism. Maybe you know what it is to be criticized. Maybe you have had enough. Maybe it was by parents, and others are still doing it even though you have grown up. Maybe you know what it is to live with a nagging sibling or parent who is always putting you down. Maybe it is your husband criticizing you. Maybe somebody at the office.

Perhaps somebody at university, in college, maybe a friend. Maybe a Christian with some stature criticized you, and because of who it is, you take it seriously. Whatever the situation, Paul shows us how to handle it.

Many of us just fall apart when somebody criticizes us or sits in judgment on anything we have done. We just cannot handle it. But Paul was not afraid; he was unintimidated.