

GROUP DISCUSSION GUIDE

November 9, 2025

SPIN CYCLE

Inner Critic

1 John 3:19-20

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NOTES

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?



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Pastor Chris reminded us that while our inner critic consistently condemns for *who* we are, God's compassionate truth about us brings us freedom and deliverance from self-condemnation.

MY STORY

When you make a mistake, or say something awkward, what self-condemning word usually comes to mind?

WHAT DOES GOD WANT US TO HEAR?

*By this we shall know that we are of the truth and reassure our heart before him; for whenever our heart condemns us, God is greater than our heart, and he knows everything.
(1 John 3:19-20)*

In what ways can a person's heart condemn him or her? What does that usually sound like?

In what ways is the God's compassion toward us greater than any form of self-condemnation?

What does God want us to hear? What are some of the more factual takeaways from this passage for you?

WHAT DOES GOD WANT US TO DO?

Steve Cuss said this about the Inner Critic ...
"[My inner critic] is doing his best. He's trying to help me. His motivation is to protect me".

From your past, describe a well-meaning, but harshly-critical individual. How did this person's words end up hurting you, regardless of the good intentions with which those statements were delivered?

In regard to the inner critic, how can such a condemning and shaming voice have such good motives?

WHAT DOES GOD WANT US TO DO?

According to Pastor Chris, how can you distinguish between the *condemning* voice of the inner critic and the *convicting* voice of the Holy Spirit?

What does God want us to do? Flowing out of our reading and new understanding, how is the Holy Spirit nudging us?

WHAT DOES GOD WANT ME TO DO?

Draw a line vertically down a piece of paper.

On the left, list the shaming things that your inner critic consistently says to you.

In what ways do these condemning statements focus on *who* you are, rather than what you specifically said or did?

On the right, next to each condemning statement, write down what's true about God's compassionate feelings toward you.

Enjoy and rest in God's gracious and merciful truth about you this week, regardless of how compelling your inner critic's harsh words might be.

What does God want ME to do? Based on your answers to these questions, toward what creative actions is the Holy Spirit leading you?