

Inside Out Criticism

By George Halitzka

for use as
STEP 1 

Lesson 12**Focus:**

Give and receive
constructive criticism
with love.

Lesson 12**Bible Basis:**

Galatians 2:11-14;
2 Peter 3:15-16

Lesson 12**Memory Verse:**

Instead, speaking the truth in love, we will in
all things grow up into him who is
the Head, that is, Christ.
—Ephesians 4:15

Students will learn that while correction may be painful, criticism given with love can help us grow.

Materials:

Internet access

➤ **When's the last time you were criticized for doing something wrong?** (Allow your students to share brief stories, either funny or serious. Keep it short and upbeat—don't let your students turn this into a serious gripe session.)

➤ **It sounds like all of us know what criticism feels like. Did anyone enjoy the experience?** (Answer will undoubtedly be: Of course not!)

Being told that you did something wrong is never fun. None of us like it. However, criticism can still be helpful such as when it keeps us from doing something dangerous. Aren't you glad your parents criticized you when you tried to play in traffic?

If you've seen the movie *Inside Out*, you know that it centers on the feelings of an eleven-year-old girl named Riley. Inside her head, we get to meet Joy, Sadness, Disgust, Fear, and Anger. Sometimes, Riley's feelings criticize what she's doing to protect her. Joy doesn't always like the criticism given by the other feelings, but she lets it happen because it keeps Riley safe. Let's watch the opening scene from the movie.

Share this video with your students [3:14]:

INSIDE OUT: OPENING SCENE

https://www.youtube.com/watch?v=x_NgnMBHV0

➤ **How do Riley's feelings criticize her in the opening scene?** (Fear criticizes her for almost running over a power cord at full speed. Disgust criticizes her for almost eating broccoli. You could also say that Anger criticizes Disgust for almost not letting Riley get dessert.)

➤ **When Riley's feelings criticize her, would she be wise to take their advice?** (Generally, yes—they care about keeping her safe. Sure, disgust is a little overzealous in “protecting” her from broccoli, but she has Riley's best interests at heart.)

In our lives, we get criticized all the time, just like Riley. But often, it's not coming from the thoughts in our head—it's coming from the people around us.

It's easy to just ignore criticism because it doesn't feel good. But if we listen to what people who care about us are saying, their criticism can keep us safe and make us better people.

➤ **Can you think of a time when criticism helped protect you, or made you a better person?** (A teen might mention a coach who criticized his jump shot to help him improve it, or a teacher who criticized her lack of effort to keep her from failing a class.)

The people we meet in the Bible were subject to criticism, too. Even Jesus' twelve disciples were corrected for doing things wrong. But when they took it to heart, it helped them grow. Let's see how Peter responded when another spiritual leader told him he messed up.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Inside Out Criticism

for use as
STEP 4 

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Materials:

- Index cards
- Pens/pencils

All of us face criticism at times, and it's never fun. But when criticism comes from people who care about us, we should pay attention! What they're saying may keep us safe, or help us become better people. It worked for Peter, and it can certainly work for us.

At the beginning of the lesson, we talked about the last time you were criticized. Think about that criticism for a minute. Was it *helpful* criticism, given by someone who cares about you to help you grow? Or was it *unhelpful* criticism, given by someone who was just having a bad day?

If it was *helpful* criticism, keep it in mind. If it was *unhelpful*, feel free to forget it! But for the sake of our closing activity, try to think of a time when someone gave you *helpful* criticism.

➤ **Would anyone be willing to share the helpful criticism you received?** (This may be a difficult topic for your middle schoolers to discuss. Encourage them to share by telling your own brief story first.)

➤ **Have you done anything about that criticism—in other words, has it helped you grow?** (Be careful not to shame your teens if they haven't addressed the problem yet.)

Hand each student an index card and a pen/pencil. **On your index card, write down the criticism you received.** So you might write, "My algebra teacher said I didn't do my homework," or "My friend told me I didn't listen to her when she was upset."

Now, flip the card over. **On the other side, write down something you can DO to grow from the criticism—something that you can realistically accomplish this week.** You might write "I'll turn in my algebra homework every day this week," or "I'll apologize to my friend for not being a good listener." Give your students a minute or two to record their thoughts.

Criticism is never fun. However, when it comes from people who care about us, it can help us grow. Make a commitment to the action step that you wrote on your card.

Criticism doesn't have to leave you feeling weak and discouraged. Instead, it can make you stronger than ever!

Close in prayer. Ask God to help you and your students genuinely grow from criticism during the week ahead. If time permits, ask (but don't require) your students to share the growth plans they wrote down on their notecards.

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