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Judging

Avoiding It Has the Power to Change Your Life

Most of you have heard these words many times. They're from the Gospel of Matthew, from the Sermon on the Mount:

- “Judge not, that you be not judged.
- “For with what judgment you judge, you will be judged;
- “And with the measure you use, it will be measured back to you.
- “And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye?

• “Or how can you say to your brother, ‘Let me remove the speck from your eye’ and look, a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

I’m sure we can agree that these are good words, a fine sentiment. But listen to what the early 20th century spiritual leader and author Emmet Fox says about these words:

“This section of the Sermon on the Mount consists of five short verses and only about one hundred words, and yet it is hardly too much to say that at its simple face value, it is the most staggering document ever presented to mankind.

“In these five verses we are told more about the nature of man and the meaning of life and the importance of conduct and the art of living, and the secret of

happiness and success, and the way out of trouble, and the approach to God, and the emancipation of the soul, and the salvation of the world ... than all the philosophers and the theologians and the savants put together have told us – for those words explain the Great Law,” Fox writes in his book *The Sermon on the Mount*.

He continues: “It is vastly more important that a man, and still more that a child, should be taught the meaning of these five verses than that he should learn anything else that is taught in schools or colleges. There is nothing to be found in any of the ordinary courses of study; there is nothing to be learned in any library or in any laboratory that is one-millionth part as important as the information contained herein.

“If it were ever possible to justify the fanatical saying, ‘Burn the rest of the books, for it is all in this one,’ it would be in reference to those words.

“Judge not, that you be not judged. For with what judgment you judge, you will be judged; and with the measure you use, it shall be measured back to you,” he writes. “If the average man understood for a single moment the meaning of these words and really believed them to be true, they would immediately revolutionize his whole life from top to bottom; turn his everyday conduct inside out, and so change him that — in a comparatively short space of time — his closest friends would hardly know him.”

I agree with Emmet Fox on this.

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The topic of Judging is broad and powerful because judging has enormous impact in our daily interactions with the people we meet, be they family, friends, neighbors, or strangers. It affects relationships between nations and can promote either peace or war.

Judging has an enormous affect on what we call the vibration in and around us all, creating either the harmony of peace and God's grace, or the negativity that can destroy our happiness and damage our spiritual development.

We find that the matter of judging has implications in several universal laws, including the Law of Reciprocity, the Law of Blessing, the Law of Forgiveness, and the Law of Attraction.

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The words of Jesus's sermon that I read earlier are from Matthew's gospel. The Gospel of Luke has its corresponding Sermon on the Plain, where Jesus says:

“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.”

The Greek word for “judging” in the original gospels is “Krinete.” It means to pass judgment on, to blame, to condemn, and to exclude — which Luke lists, just before he speaks of forgiveness.

In his sermons, Jesus teaches us to avoid judging. In his parables, he gives us examples of not judging, such as the parable of the Good Samaritan, where the beaten Jewish man lies half dead on the road, and the only person to help him was a Samaritan man — someone who refused to judge — even though the Jews and Samaritans despised each other.

And the gospels show us that Jesus himself walked the talk.

Scribes and Pharisees alike reproached him for befriending tax collectors and sinners. When Jesus was invited to the home of a Pharisee for a meal, he caused a fuss when he allowed a woman known as a sinner to wash and anoint his feet, and then he forgave her sins.

We know that in Jesus's day, tax collectors were scorned for being dishonest, greedy, and disloyal to Israel. Yet Jesus made one tax collector, Matthew, a disciple, and he scandalized the pious when he let another tax collector, Zacchaeus, be his host at Jericho.

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Here at New Era, when Rev. Anita Rudder years ago was channeling lectures from her spirit teachers, the subject of judgment was explained in ways to benefit us both on this earth plane as well as in the spirit realms we'll all one day enter.

A big problem with judging others is that we may be mistaken in our so-called facts, and one of Rev. Rudder's spirit teachers made this point during a lecture in September of 1980. The teacher went by the name of Doctor Martin and he related this incident:

“You say, ‘Oh, Mr. James over here, there isn't a chance for him. He passed away saying there's no god. He went out cursing.’ And did the person who said that — and this is an absolute truth that we are telling you, and this happened — did this person who heard this cursing know the heart of Mr. James? Did he know the fear of Mr. James? Did he know the thought-forms that had been put into Mr. James's subconscious as a child that had made cursing a habit and not really blasphemy?

“Little did he know that Mr. James was crying out inside himself — ‘Show me the light! Show me the light!’ — but because of false pride, Mr. James just couldn't let anyone know.”

Then Doctor Martin adds: “You find yourself judging because the thought-forms of judgment are permeating everyone. And it will just take a quiet habit of putting that aside, of just silently saying a little prayer. It's the simplest, easiest, and the most thorough way of going about cleansing your auras.

“Try not to judge,” Doctor Martin said. “Only God can judge.”

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So, let's look a little deeper into the matter of judging. As the spirit teacher Doctor Martin reminds us, we cannot look into the heart of another person And

even our own senses can lead us into false assumptions that create invalid judgments.

One of the strongest statements I've read about this situation is in the spiritual transformation book *A Course in Miracles*, which was composed during the 1960s. In one of its many channeled lessons, it states:

“How can you judge? Your judgment rests upon the witness that your senses offer you. Yet never was witness more false than this. You place pathetic faith in what your eyes and ears report. You think your fingers touch reality, and close in upon the truth. This is awareness that you understand, and think more real than what is witnessed to by the eternal Voice for God Himself.

“But can this be judgment? You have often been urged to refrain from judging, not because it is a right to be withheld from you. But because you cannot judge. You can only believe the ego's judgments, all of which are false.”

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Each one of us here today knows that our senses can get things wrong. Each of us knows that our egos can lead us into false beliefs and wrongful actions.

It's a hard truth to swallow, but there are plenty of people and institutions whose goal is to mislead us with falsehoods so that we rush to judgment and do something that directly benefits those people and institutions.

In this country, the nature of our politics is incredibly divisive, and every day we are fed lies and misrepresentations of the truth so that we will support one faction or another, bestowing that faction with untold power and wealth. Propaganda has become commonplace, often under the guise of public relations.

The so-called factual content of our news reports now depends on which network you watch and which newspaper you read. In this day, so-called facts have become very fluid, and context almost meaningless.

And I don't even need to spell out the quality of information we receive from the ads and television commercials that bombard us day and night.

A Course in Miracles tells us quite bluntly: “Judgment was made to be a weapon used against the truth. It separates what it is being used against, and sets it off as if it were a thing apart. And then it makes of it what you would have it be. It judges what it cannot understand, because it cannot see totality and therefore it judges falsely. Wisdom is not judgment. Wisdom is the relinquishment of judgment.”

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Everything I’ve talked about so far is just the surface level of judging. There’s a much more important level that Jesus talked about. And that concerns the Law of Reciprocity. Emmet Fox calls it the Law of Life. Here’s what he says:

“Again and again we are struck with amazement, upon rereading this Sermon on the Mount with a fresh mind, to find how completely its most challenging statements have been quietly ignored in practice by the bulk of the Christian world.

“If one did not know for a fact that these words are constantly heard in public and read in private by millions and millions of Christians of all sorts, he could hardly believe it to be possible — for the truths which they teach seem to be the last consideration to enter into people’s motives in everyday life and conduct.

“And yet they express the simple and inescapable Law of Life.

“The plain fact is that it is the Law of Life that as we think, and speak, and act towards others, so will others think, and speak, and act towards us. Whatever sort of conduct we give out, we are inevitably bound to get back. Anything and everything that we do to others will sooner or later be done to us by someone, somewhere.

“The good that we do to others we shall receive back in like measure. And the evil that we do to others, we shall receive back too.

“This does not in the least mean that the same people whom we treat well or ill will be the actual ones to return the action. That almost never happens. But what does happen is that at some other time or place, someone else who knows nothing

whatever of the previous action will, nevertheless, repay it — grain for grain — to us.

“For every unkind word that you speak to, or about, another person, an unkind word will be spoken to or about you,” Fox continues. “For every time that you cheat, you will be cheated. For every time that you deceive, you will be deceived. For every lie that you utter, you will be lied to. ... ‘And with the measure you use, it will be measured back to you.’”

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Was Emmet Fox talking about what we know as karma? We could say so.

He certainly was talking about the sort of reciprocity that runs through the teachings of Jesus ... forgive and you’ll be forgiven ... bless and you’ll be blessed ... do unto others as you’d have them do unto you.

It’s that whole concept of “what goes around, comes around” that affects each of us every day.

Let’s think about this a moment. What if we actually, really and truly, accepted this reciprocity to be true? How would we behave?

Emmet Fox says this:

“Is it not obvious that if people only realized all of this as being literally true, it would have the profoundest influence on their conduct? Would not such an understanding do more in practice to decrease crime and raise the general moral standard of the community than all the laws ever passed by governments or all the formal punishments meted out by judges and magistrates?

“People are very apt to think — especially when they are strongly tempted — that they can probably escape the law of the land, outrun the constable, or slip through the clutches of authority in some other way. They hope that individuals will forgive them or else be powerless to revenge their actions; or that the thing will be forgotten sometime; or, better still, that they will never be found out at all.

“If, however they understood that the law of retribution is a Cosmic Law — impersonal and unchanging as the law of gravity, neither considering persons nor respecting institutions; without rancor but also without pity — they would think twice before they treated other people unjustly.”

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Remember earlier how we saw how the apostle Luke quoted Jesus as telling his followers to “judge not” and then “condemn not” and then to “forgive”?

This message is spelled out beautifully by another great spirit teacher — actually a band of spirit guides — who went by the name of White Eagle. These teachings were channeled through an Englishwoman named Grace Cooke early in the 20th century.

Listen to what White Eagle says about judging and forgiving:

“It is so easy to judge the actions of others. But, dear children, do try to refrain from judgment — for as you condemn others, so do you condemn yourself.

“Forgive, my children, forgive! Whatever is in your heart — however hard you may feel toward any soul, possibly with justification according to material stands — pray to forgive, as Jesus taught in his simple prayer: Forgive us our trespasses, as we forgive those who trespass against us.

“Do you not realize that in forgiving others, you are releasing yourselves? As soon as you feel forgiveness in your own heart, you release yourself from the bondage of your karma.

“But so long as you sit in judgment over others,” White Eagle warns, “whether they are individual people or nations — so long as you continue to condemn, refusing to forgive, you bring that same judgment upon yourself, for life is ruled by spiritual law.”

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Doctor Martin, again in the 1975 lecture I've been citing, increases our understanding of judging by extending its implications into another well-known law, the Law of Attraction. Here's how he explains it:

“If you condemn another, you can attract to you the same condition that the individual has been through in his life, the same condition that you are condemning him for. Then — as you must deal with this condition — you will find out how it can create negative behavior. And you will learn compassion, as you now struggle to deal with the similar situation.

“Instead of condemning someone, you can ask God to bless your enemies if this individual has become an enemy, or if it is someone whom you may not know, but have judged them. For in blessing your enemy— or in blessing anyone — you are asking that God heal the individual of the negative behavior, and that the soul, the higher self of the individual, be strengthened and will guide this one's behavior, instead of the lower self.

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In closing, here are a few more words from White Eagle on removing Judging from our lives:

“Above all, remember to search for God, to search for that spark of light, of divinity, in all people. And always see the light developing, the light evolving, the light rising from what appears to be darkness — for out of so-called evil or ignorance, comes good.

“If you could only put this truth into your life, oh, you would find so much happiness.”