

How Your Bread Is Buttered

There is an old story about two neighbors – a baker and a farmer. The baker began to be suspicious of the farmer, wondering if he wasn't getting his money's worth when he paid for a pound of butter.

He weighed the farmer's butter on several occasions, and the butter consistently weighed less than a full pound. Enraged, the baker had the farmer arrested for fraud.

The judge asked the farmer at the trial, "I presume you have scales?"

"Yes, of course, Your Honor," the farmer replied.

"And I presume you use standard weights to measure your goods?" the judge asked.

"Yes, generally," said the farmer. "But I don't use them when serving the baker."

"Then how do you hope to weigh accurately the butter you sell to your neighbor?" the judge inquired.

"That's easy," the farmer responded. "When the baker began to buy butter from me, I decided to buy my bread from him. I've been using his one-pound loaves to balance my scales when I portion out his butter."

Obviously, that wasn't the outcome the baker hoped for.



Nothing could be fairer than to be judged in accordance with how we judge others. So, if you would like to avoid a stricter judgment, keep your standard of judging others as low as possible.

How can we be less judgmental? Here are a few thoughts:

1. **Look for basic goodness.** This takes practice, as our minds naturally scan for the negative, but if we try, we can almost always find something good about another person.
2. **Look at your own behavior.** Sometimes, we may be judging someone for something that we do ourselves, or have done. For example, the next time you find yourself yelling at someone while you're driving, ask yourself, "Have I ever driven poorly?" Of course, we all have.

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3. ***Give the person the benefit of the doubt.*** Someone once told me, no one wakes up in the morning and says, “I think I’m going to be a jerk today.” Most of us do the best we can with the resources we have at the moment.
4. ***Just remember that all of us have a mountain of one kind or another we are trying to climb*** – a concern about our health or that of a loved one, a financial problem, a frayed or broken relationship, a heavy workload, or a spiritual issue – a burden that may cause us to act contrary to normal conduct or actions.

The Bible urges caution about how we judge folks: *For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you* (Matthew 7:2 NIV).

– Beecher Hunter