

Toxic

Toxic Relationships (Wk.3)

LifeGroup Notes

TALK IT OVER

Main Idea

If left unchecked, toxic relationships can imprison our future.

Key Scriptures

Genesis 39:7-20

Do not be misled: "Bad company corrupts good character."
1 Corinthians 15:33

Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men." Matthew 16:23

They had such a sharp disagreement that they parted company. Acts 15:39

Toxic Examples:

1. Relationships where only one person is in control.
2. Relationships based on manipulation.
3. Relationships based on lies.
4. Relationships where one person always puts their needs first.

Managing Toxic Relationships:

- Set healthy boundaries.

Healthy boundaries anticipate toxic situations.

- Cut off the persistent toxic relationship.

Ending a toxic relationship can be the wisest and most loving decision.

Start talking.

- Describe a couple toxic relationships you saw growing up?
- What are some of the common denominators from the stories?
- How did your circle of friends impact your understanding of past toxic relationships?

Start thinking.

- Why do we (and others) remain in toxic relationships?
- Of the four Toxic Examples, is there one that tends to be more common? Explain.
- Read Genesis 39:7-20. What could Joseph have done differently?
- How would you feel if you had been Joseph?

Start sharing.

- Read 1 Corinthians 15:33. Describe a situation where you have seen this happen.
- In the Matthew passage, Jesus speaks some harsh words to Peter. If you were Peter, how would that have felt?
- What are some strong words Jesus might say about some of your current relationships?

Start doing.

- What is one specific boundary you need to solidify in regards to a toxic relationship in your life? When will you do this?
- Is there a persistent toxic relationship you need to cut off? If so, when will you implement that decision? How will that practically impact your life moving forward?
- Dr. Asa Brown states, "People who are toxic are rarely aware of their own toxicity." Are any of the Toxic Examples true of you? If so, how will you pursue forgiveness and seek to reestablish trust?

Close in prayer.

Toxic relationships are complicated and incredibly difficult to navigate. We need loving, healthy, and safe environments to encourage us and call us to a better standard. Spend time praying for one another by name. If comfortable, pray for the toxic relationships by name. Jesus can do amazingly more than we can ever imagine if we would bring out anxieties to Him and willingly submit to His direction in our relationships.