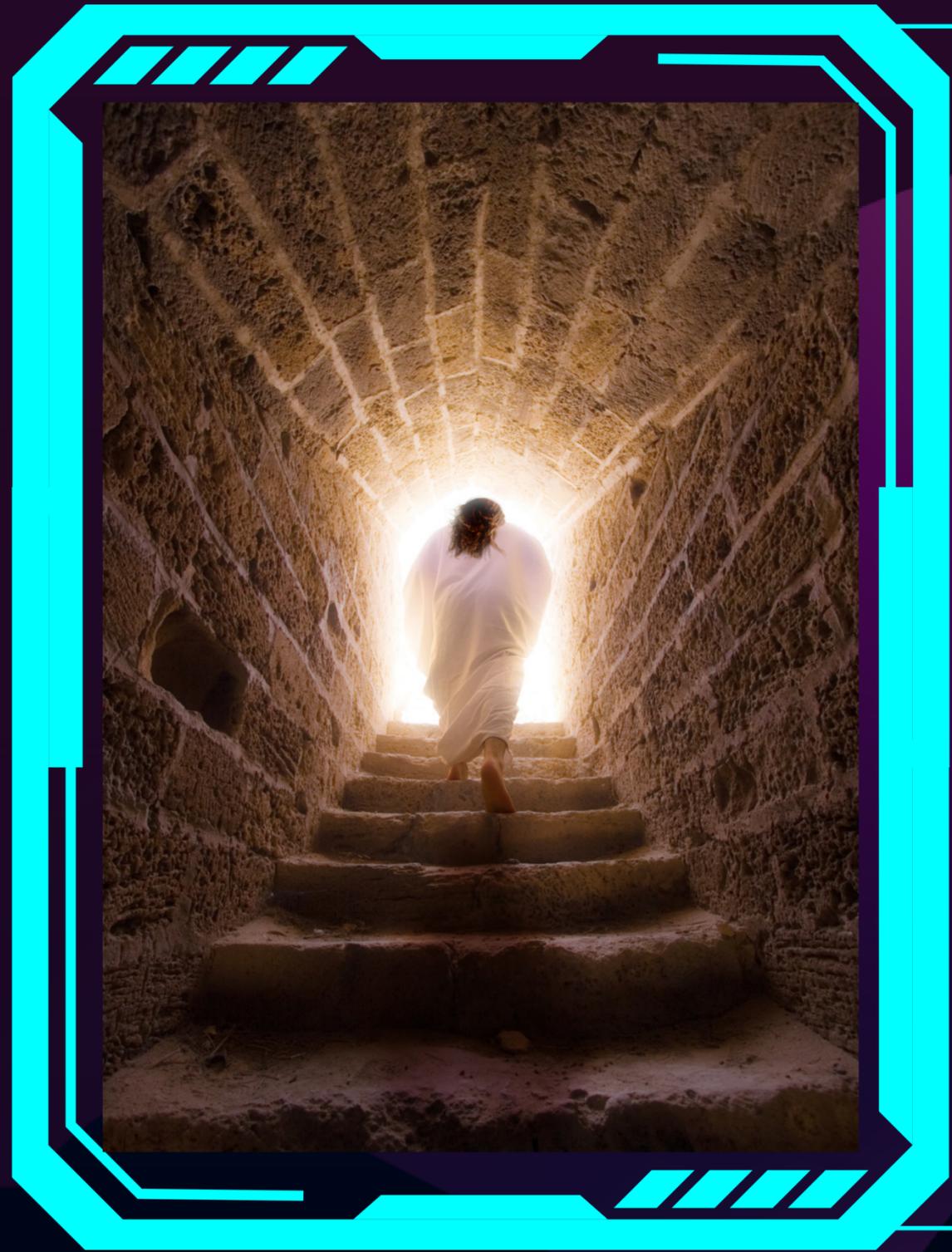




**APRIL BIBLE STUDY
SERIES:**

RESETTING RELATIONSHIPS

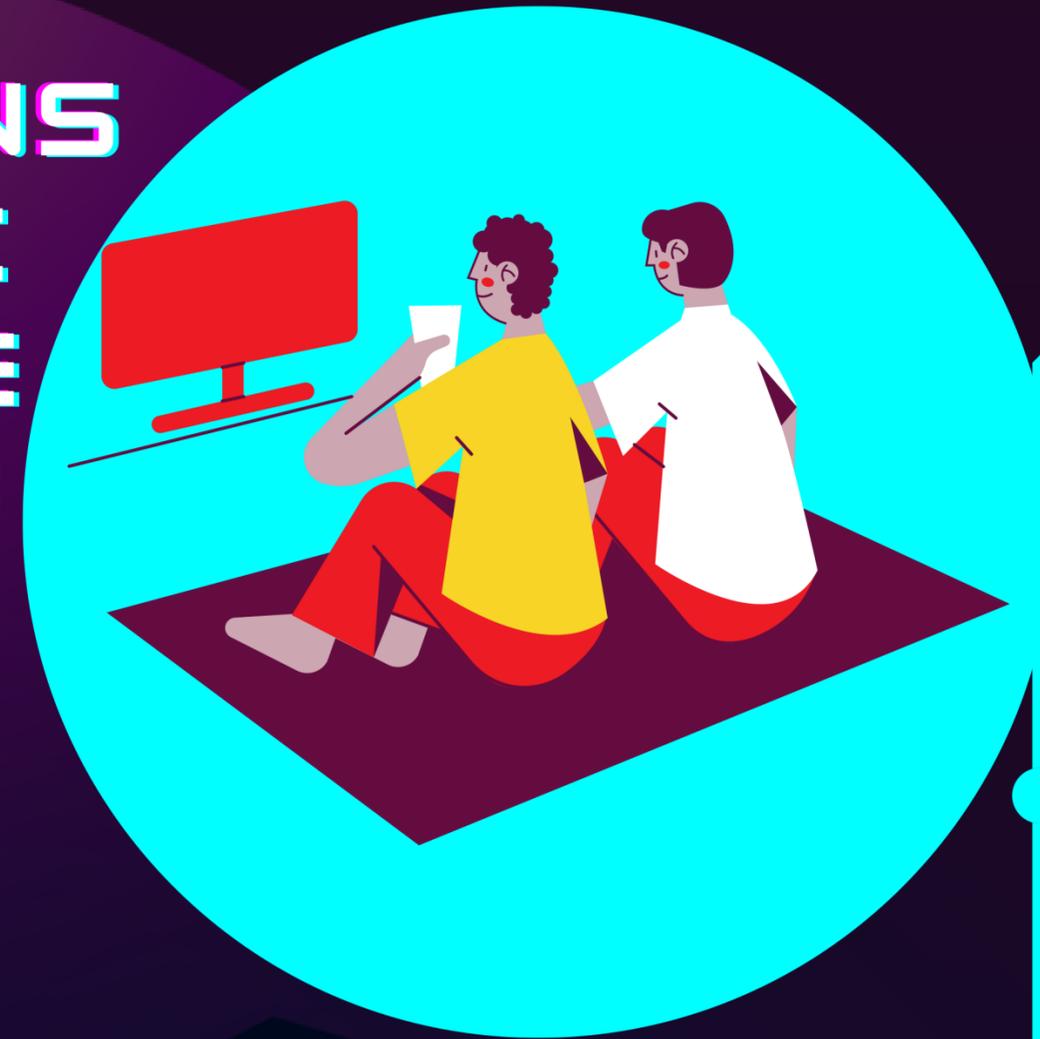
**"DON'T LET
NEGATIVE AND TOXIC
PEOPLE RENT SPACE
IN YOUR HEAD. RAISE
THE RENT AND KICK
THEM OUT."**



LESSON 2:

IDENTIFYING TOXIC RELATIONSHIPS

THE WORD TOXIC MEANS
"POISONOUS." TOXIC
RELATIONSHIPS ARE
THOSE THAT POISON
OUR PEACE AND OUR
ABILITY TO ENJOY
ANOTHER PERSON.





THE ROOT OF TOXIC BEHAVIOR

GENESIS 3:12-13

The man said, “The woman you put here with me
-she gave me some fruit from the tree, and I
ate it.” Then the LORD God said to the woman,
“What is this you have done?” The woman said,
“The serpent deceived me, and I ate.”

ROMANS 3:23

For all have sinned and fall
short of the glory of God.

ROMANS 7:24

What a wretched man I am! Who will rescue me from this body that is subject to death?

ROMANS 5:8

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

GALATIANS

5:1

Stand fast therefore in the freedom wherewith Christ has made us free and be not entangled again with the yoke of bondage.

II CORINTHIANS

5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away.



Seven Examples of Toxic Relationships According to Scripture:

STEP 01

TOXIC
RELATIONSHIPS
STEM FROM THOSE
WHO REFUSE TO
FIGHT THEIR OWN
SIN.



“THE CLOSER WE ARE TO **GOD**,
THE MORE THE SLIGHTEST SIN
WILL CAUSE US DEEP SORROW.”

STEP 02

TOXIC
RELATIONSHIPS
STEM FROM THOSE
WHOSE HEART IS
TURNING AWAY
FROM THE LORD.

DEUTERONOMY

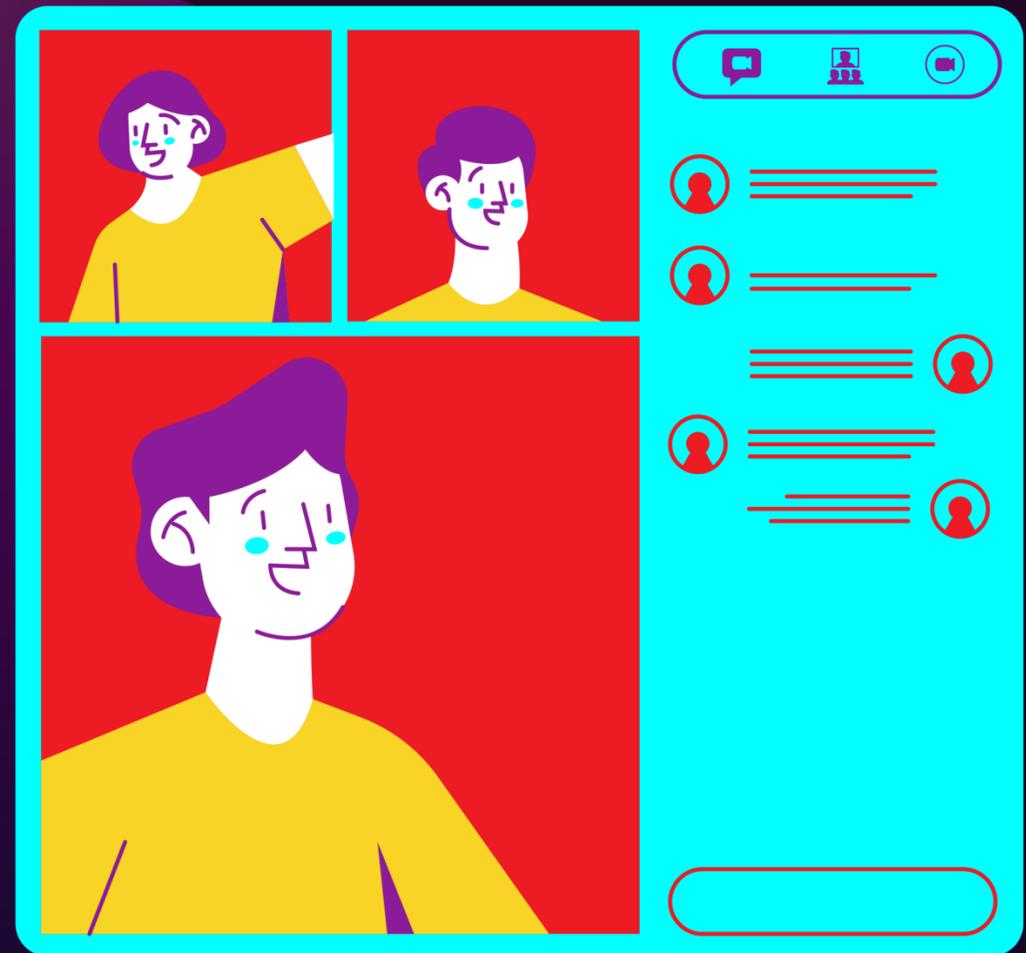
29:18

Beware lest there be among you a man or woman or clan or tribe whose heart is turning away today from the LORD our God to go and serve the gods of those nations. Beware lest there be among you a root bearing poisonous and bitter fruit.

HEBREWS 12:15

See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled.

A WORD ABOUT POISONOUS AND BITTER FRUIT



EPHESIANS 4:31

Let all bitterness and wrath
and anger and clamor and
slander be put away from you,
along with all malice.



The Progression of Bitter Emotions:



ANGER



 CLAMOR



 SLANDER



HARM



STEP 03



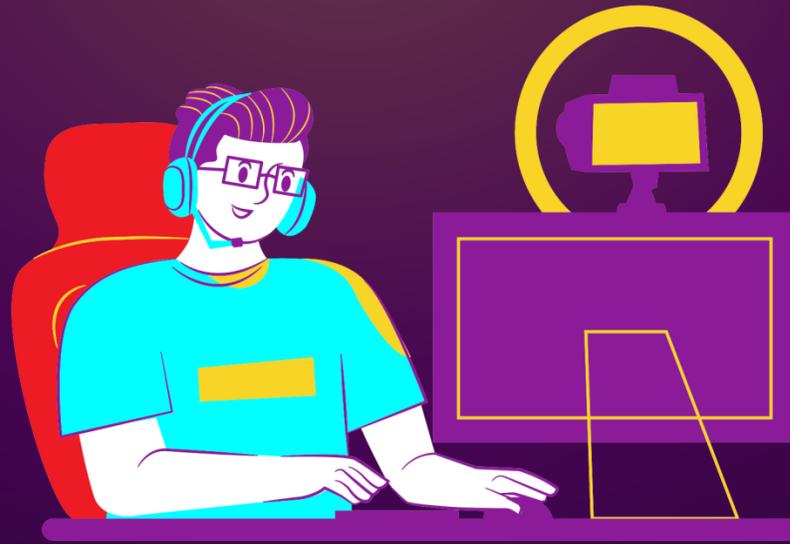
. TOXIC RELATIONSHIPS
STEM FROM THOSE WHO
CHOOSE A WORLDLY
LIFE.

I CORINTHIANS

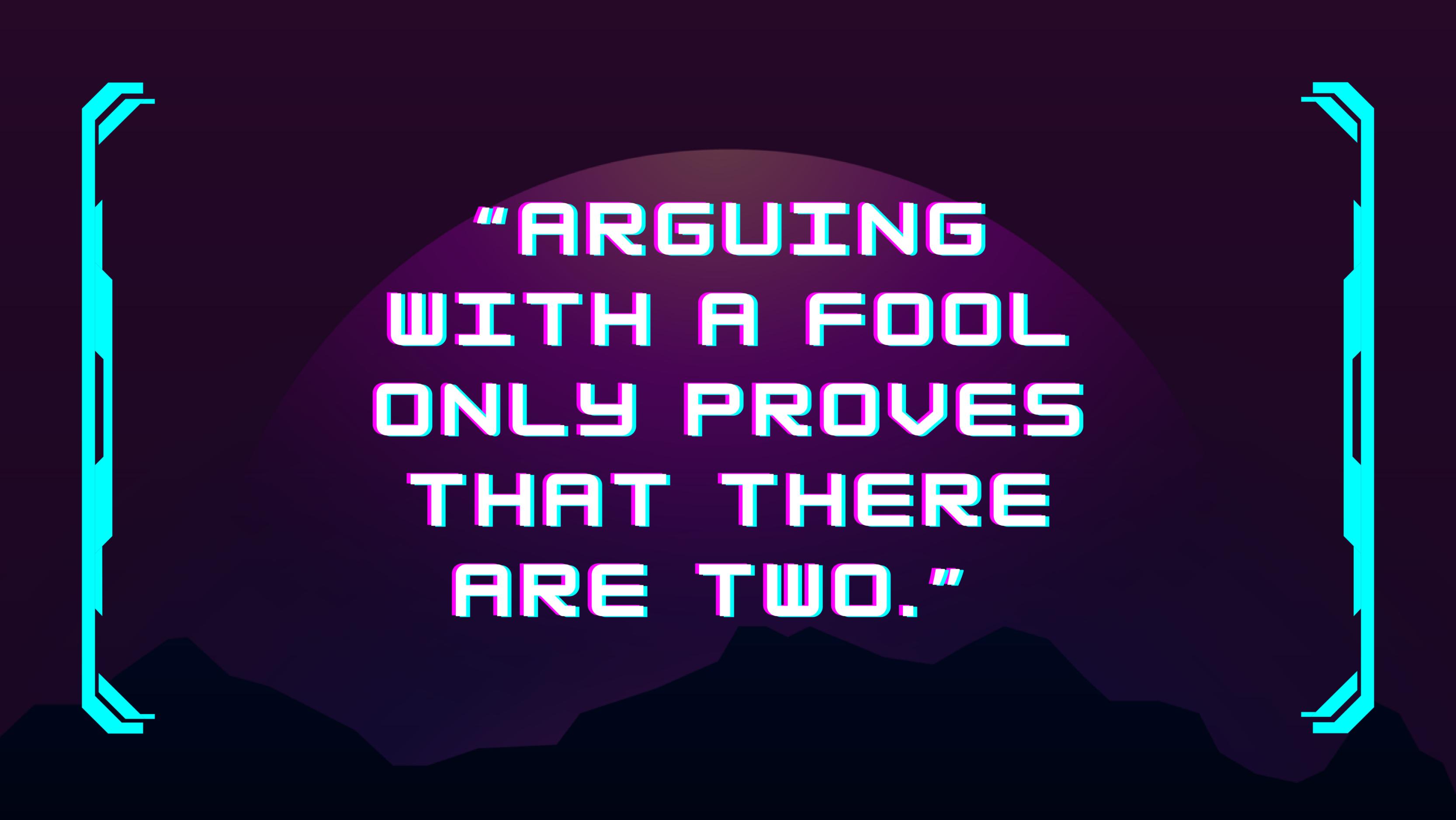
5:11

But I wrote to you not to associate with any so-called brother if he is an immoral person, or covetous, or an idolater, or a reviler, or a drunkard, or a swindler—not even to eat with such a one.

STEP 04



**TOXIC RELATIONSHIPS
STEM FROM A PERSON
WHO'S A QUARRRELER.**



**"ARGUING
WITH A FOOL
ONLY PROVES
THAT THERE
ARE TWO."**

**"NEVER ARGUE
WITH A FOOL,
ONLOOKERS MAY
NOT BE ABLE TO
TELL THE
DIFFERENCE."**

ROMANS 16:17

Now I urge you, brethren, keep your eye on those who cause dissensions and hindrances contrary to the teaching which you learned, and turn away from them.

ROMANS 12:18

If it is possible, as much as depends on you, live peaceably with all men.

TOXIC
RELATIONSHIPS
STEM FROM A
PERSON WHO HAS A
PRIDEFUL HEART.

"PRIDE IS
CONCERNED WITH
WHO IS RIGHT.
HUMILITY IS
CONCERNED WITH
WHAT IS RIGHT."

STEP 06

TOXIC
RELATIONSHIPS
STEM FROM A
PERSON WHO IS
A DECEPTIVE
SPEAKER.

LATIN PROVERBS

"HE WHO HAS ONCE
USED DECEPTION,
WILL DECEIVE
AGAIN."

COLOSSIANS 2:8

SEE TO IT THAT NO ONE TAKES
YOU CAPTIVE BY PHILOSOPHY
AND EMPTY DECEIT, ACCORDING
TO HUMAN TRADITION,
ACCORDING TO THE ELEMENTAL
SPIRITS OF THE WORLD, AND
NOT ACCORDING TO CHRIST.

JAMES 1:26

IF ANYONE THINKS HIMSELF TO
BE RELIGIOUS, AND YET DOES
NOT BRIDLE HIS TONGUE BUT
DECEIVES HIS OWN HEART,
THIS MAN'S RELIGION IS
WORTHLESS.



PSALM 141:3

SET A GUARD, O LORD, OVER MY
MOUTH; KEEP WATCH OVER THE
DOOR OF MY LIPS.

PSALM 1:1-2

BLESSED IS THE MAN WHO
WALKS NOT IN THE COUNSEL OF
THE UNGODLY, NOR STANDS IN
THE PATH OF SINNERS, NOR
SITS IN THE SEAT OF THE
SCORNFUL; BUT HIS DELIGHT
IS IN THE LAW OF THE LORD,
AND IN HIS LAW, HE MEDITATES
DAY AND NIGHT.



STEP 07

**TOXIC RELATIONSHIPS
STEM FROM A PERSON
WHO IS A FLATTERER.**



PSALM 5:9

FOR THERE IS NO TRUTH IN
THEIR MOUTH; THEIR INMOST
SELF IS DESTRUCTION; THEIR
THROAT IS AN OPEN GRAVE;
THEY FLATTER WITH THEIR
TONGUE.

PROVERBS 29:5

A MAN WHO FLATTERS HIS
NEIGHBOR SPREADS A NET FOR
HIS FEET.



How Do We Respond to These Toxic Relationships?

STEP 01

SEARCH THE SCRIPTURES

STEP 02

PRAY

STEP 03

SEEK WISE COUNSEL



STEP 04



CONFRONT WITH
LOVE AND
HUMILITY



STEP 05

BE CAREFUL



**“THE ONLY WAY TO
WIN WITH A TOXIC
PERSON IS NOT TO
PLAY.”**





BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. WHAT WAS YOUR GREATEST TAKEAWAY FROM TODAY'S LESSON?
 2. HOW WOULD YOU DEFINE A TOXIC RELATIONSHIP?
 3. WHAT IS THE ROOT CAUSE OF ALL TOXIC RELATIONSHIPS? WHAT IS THE CURE?
 4. CAN YOU NAME ONE OF THE TOXIC RELATIONSHIPS MENTIONED IN TODAY'S LESSON?
 5. NAME THE CLUSTER OF EMOTIONS THAT COME ALONG WITH BITTERNESS.
 6. WHAT ARE SOME CHARACTERISTICS THAT SHOULD MARK THE LIFE OF A CHRISTIAN?
 7. WHAT ARE SOME WAYS WE CAN RESPOND TO TOXIC RELATIONSHIPS?
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