



DEALING WITH TOXIC PEOPLE

OPENING QUESTIONS - *Use these questions to connect with others in your group:*

1. In your relationships, how much of your time do you think you are critical, encouraging or neutral?
2. When you think about the people you spend the most time with, which word describes the majority of that group: Critical, encouraging or neutral?

KEY POINTS - *take a minute to review the key points from this weekend's message*

1. Toxic People can be:
 - a. Chronically Negative
 - b. Controllers
 - c. Tempters
2. Jesus walked away from some toxic people
3. I cannot control how other people respond
4. Two ways to deal with toxic people
 - a. Set healthy boundaries.
 - b. Talk to God more and to toxic people less.
5. Three Words to Focus On
 - a. Jesus
 - b. Unity
 - c. Grace

SCRIPTURES USED IN THIS MESSAGE: 1 Timothy 6:4-5; 1 Timothy 6:11; Mark 1:36-37; Matthew 16:22-23; John 17:21, 23

RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Of the types of toxic people, chronically negative, controllers or tempters, what one do you think you are most sensitive to?

Think of a time when you encountered a person who is arguing for the sake of arguing and you decided not to argue back. (In terms of the message illustration, you “refused to throw the ball back”)

What happened as a result of that decision?

What types of boundaries do you think you could set for a toxic person in your life?

Sometimes setting a boundary feels unloving towards other people. How could you decide if a boundary is loving?

Take a minute to consider your own reactions to those around you. Is there anything within you that’s toxic?

Based on what was talked about today, can you think of any relationships in your life that you would classify as toxic?

APPLY

1. Do you need to take a healthy step to address a toxic relationship? If so, what do you need to do?
2. Ben shared three words to help us deal with toxic people – Jesus, Unity and Grace. Which of these three words could you focus on this week to improve your view and treatment of others? Make a list of practical steps you could take. Here is a start:
 - Pray
 - Read bible verses
 - Talk to another believer

PRAY