



## 01/24/2021 "Avoid Toxic People"

1. What resonated with you most from Sunday's message? Why?
2. When you think about toxic people, what characteristics come to mind?
3. Do you think it's hard for people to identify their own toxic characteristics? Why or why not?
4. Read Psalm 19:7-14. What role do the words of God have in the life of those who follow him?
5. What does the author of Psalm 19 pray?
6. How do these prayers help when it comes to confronting toxic people?
7. How does the author's prayers address the toxic characteristics within you?
8. One of the points from Sunday's message was "Look Out and Look In". How does looking *in* help with avoiding toxic people (looking *out*)?
9. Read Luke 6:43-45. How can you focus on storing up all that is good and holy in your heart?
10. Where do you see your most toxic or negative words coming out?
11. Where would you most like to see God change your words?
12. How can your group members be praying for you when it comes to avoiding toxic people and avoid the toxic within?