

_____ without a change in

CLOSING SCRIPTURES

1 John 1:8 & 9 - If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Proverbs 28:13 - People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

Acts 13:38 - Brothers, understand what we are telling you: You can have forgiveness of your sins through Jesus...through Jesus everyone who believes is free from all sins.

2 Corinthians 5:17 & 18 Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. All this newness of life is from God, who brought us back to himself through what Christ did.

Psalms 51:1 & 2 - God, be merciful to me because you are loving. Because you are always ready to be merciful, wipe out all my wrongs. Wash away all my guilt and make me clean again.

COMMUNION PRAYER: I acknowledge my need for Christ and desire to turn my life over to you. I ask God that you fill me with your Holy Spirit and make me a new creation in and through Christ. Amen.

Hello, my name is _____. I have _____ behavior
(insert name here)

* Toxic Attitudes are often what _____ and
_____ Toxic behaviors

Toxic Behaviors:

- E_____ Anger
- L_____ Lying
- S_____ Swearing
- O_____ Overeating
- S_____ Swearing
- A_____ Addictions (drugs, alcohol, p_____)
- L_____ L_____
- D_____ Drunkenness
- S_____ Sexual Immorality
- G_____ Gossip
- H_____ H_____
- V_____ Vanity
- C_____ Controlling/M_____ behavior
- P_____ Perfectionism

Toxic Attitudes:

- J_____ Jealousy
- B_____ Bitterness
- U_____ Unforgiveness
- S_____ Shame
- G_____ Greed
- S_____ Selfishness
- F_____ Fear
- I_____ Insecurity
- U_____ Unbelief
- P_____ Pride
- E_____ Envy

Galatians 5:19-21 - When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful

pleasures, idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division, envy, drunkenness, wild parties, and other sins like these.

Ephesians 5:18 - Do not be drunk with wine, which will ruin you, but be filled with the Spirit.

Proverbs 23:20 - Don't drink too much wine or eat too much food.

Proverbs 16:28 - A troublemaker plants seeds of strife; gossip separates the best of friends.

Romans 1:29 - Their lives became full of every kind of wickedness, sin, greed, hate, envy, murder, quarreling, deception, malicious behavior, and gossip.

1 Corinthians 6:13 - The body is not meant for sexual immorality, but for the Lord.

Jeremiah 2:24 - You are like a wild donkey, sniffing the wind at mating time.

1 Peter 2:1 - So get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech.

Proverbs 14:30 - A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

Ephesians 4:30 & 31 - And do not bring sorrow to God's Holy Spirit by the way you live... Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.

Proverbs 16:18 - Pride leads to destruction; a proud attitude brings ruin

Matthew 6:15 - But if you refuse to forgive others, your Father will not forgive your sins.

HOW TOXIC IS MY LIFE? Questionnaire

1. My life has more _____ or _____?
2. I have more _____ or _____?
3. _____ or _____?

4. In my relationships, is there more _____ or _____?

Key Understanding 1: In the same way that for the good of our children we discourage and restrict certain behaviors and attitudes because we love them and don't want to see them hurt, so God instructs us against destructive behaviors and attitudes that will ultimately destroy our lives and our relationships.

How Toxic Are We?

- * To God, we are _____!
- * Jesus _____ in our place

HOW TO DETOXYIFY OUR BEHAVIOR

Step 1 _____ your need. Admit to yourself and to God that you need his help, that you desire his forgiveness and accept his love

Step 2 _____ your life to his control.

Cease the behaviors that you know are toxic and ask him to help you with the underlying attitudes that produce those behaviors

Key Understanding 2: We cannot just

_____ Christ to our life and not _____ sin. We can't have a change in