



Part Three: Toxic People

Can you follow Jesus and delete toxic people from your life?

Surprisingly, yes. In fact, sometimes it's the most loving thing you can do. Join us to find out why, when, how to delete toxic people from your life. You might even discover who needs to go.

Scripture: Psalm 101:5, 7-8

Bottom Line: Sometimes goodbye is the most loving thing you can say.

Discussion Questions

1. Who are some people in your life that you feel make you a better person when you are around them? Describe their impact on your life.
2. Without being too specific, do you have any people who “drain” you? Why do they drain you?
3. Do you think it's acceptable for Christians to ‘delete’ people from their lives? Why or why not?
4. What standard does David establish in Psalm 101: 5,7-8 for those who will be allowed to be around him? Does that strike you as harsh?
5. How do you think David's life was different because he ‘deleted’ toxic people from his life?
6. In the message, Carey explained how sometimes, saying goodbye to someone is the most loving thing you can do. Do you agree? Why or why not?
7. Are there toxic people in your life you need to separate yourself from for a season (or longer)? How will you do that in a loving way? What might hinder you from following through on this decision?
8. How will your life be different because toxic people are not allowed to gain influence?

Growing Deeper

The early Christians had a hard time figuring out what to do with people who were unrepentant and were harming the church. Paul gave them advice on that subject in 1 Corinthians 5:9-13. Read the passage and discuss why Paul took such a hard line on that. What are the implications for your life?



Moving Forward

Take some time to pray deeply for the person or people you need to delete from your life for a season. If you feel any sense of delight or satisfaction in breaking the tie, keep praying before you have the conversation. Your primary motivation should be to want to help them by cutting off the relationship. Remember to pray for their well-being after you set the boundaries you need to set. And remember, this does not always apply to the person you are married to.

Changing Your Mind

“My daily task will be to ferret out the wicked and free the city of the Lord from their grip.” Psalm 101: 8 NLT