



## PART TWO: TOXIC THINGS

One of the reasons many shy away from the Christian faith or avoid going deeper is because they fear giving up things they like, even though they suspect they may not be good for them. Can you be a Christian without being a prude?

**BIG IDEA: What you allow into you deeply shapes what flows out of you.**

### DISCUSSION QUESTIONS

1. In what ways do Christian morals seem outdated or prudish to you?
2. Beyond alcohol or drugs, what kind of ‘toxic’ things have you watched negatively impact a friend’s life?
3. With your Bible or Bible App, read Psalm 101:3-4

*I will refuse to look at anything vile and vulgar. I hate all who deal crookedly; I will have nothing to do with them. I will reject perverse ideas and stay away from every evil.*

*Psalm 101:3-4 (NLT)*

4. Do David’s standards seem extreme to you? Why or why not? How would your life be different if you followed David’s approach to toxic things?
5. What toxic things could you prevent yourself from seeing or being involved in this week? How will you accomplish this? Who could help you do this?
6. What are one or two toxic things you could delete from your life over the next month? What impact do you think it would have on your life?

### GROWING DEEPER

Explore Romans 12:1-2. What would it mean to become a living sacrifice? How did King David embrace this principle in his life? How might you?

### MOVING FORWARD

This week, quit something—get ride of at least one toxic influence from your life. Plot the difference it makes. In addition, try to put yourself in a place where you avoid seeing things you will wish you could “unsee”. Whether it’s a movie, a video game, music, or an environment (place, group) that isn’t good for you, pay attention to what you allow in your life.

### CHANGING YOUR MIND

“I will refuse to look at anything vile and vulgar. I will reject perverse ideas and stay away from every evil.” - Psalm 101:3-4



**BOOSTING THE GOOD AND  
DELETING THE TOXIC  
FROM YOUR LIFE**

