



Toxic

SMALL GROUP GUIDE

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TOXIC

Week 1: Negativity, October 24

1. What do you tend to complain about most?
2. What's the most menial thing you complain about?

Read Exodus 16:8

3. How would it change your view of complaining if you knew God was the end recipient?
4. How is complaining to God an act of disobedience?
5. In what ways do you feel your complaining has offended the heart of God?

Read Philippians 2:14-18 & Ephesians 4:29

6. We learn in these verses how to restrain our complaining. How do you think your life would change for the better if you stopped complaining?

Read Matthew 12:34

7. What did Jesus claim a person's words reveal?
8. What are some blessings you haven't been grateful for lately? How can you regularly turn these blessings into gratitude toward God?

*The book of Numbers has several places where we find complaining from the Israelites. **Read Numbers 11:1-4; 13:27-33; 14:2, 26-30.** These passages show us the cost of complaining.*

9. What influence has complaining had on your life?

Week 1 Continued

10. What are some ways you can stop complaining and start rejoicing in all situations?
11. What are some of the ways God has continually provided for you that you can rejoice about?

Complaining isn't easy to overcome, but here are a few steps you can take to stop complaining. First, become aware of how much you are complaining by keeping track of it. Second, intentionally say positive words. Third, if possible, distance yourself from people who complain too much. Finally, seek God's help by praying and asking Him to show you ways to stop complaining.

Commit to a complaining-free week. Report back to each other throughout the week about how it's going.

Week 1 Notes

TOXIC

Week 2: Gossip, October 31

1. How have you seen the rise of social media affect gossip?
2. Why do you think people participate in gossip?
3. Share a time when you were affected by gossip. How did it make you feel?

Read James 3:5-6

4. What practical advice would you give someone who wanted to control his tongue better?
5. What are some of the ways gossip harms relationships?

Read Matthew 12:36-37

6. How important are the words that we speak according to 12:36-37? Explain what is meant by idle/careless words.
7. Share about a time you caught yourself gossiping. How did it feel? Did you do something to stop it?
8. Do you have any advice for avoiding gossip?

"Gossip claims, 'I'm strong because they're weak.' The Gospel admits 'I am weak, but He is strong.'"

9. What step do you need to take to fight gossip with the Gospel?

Read Matthew 5:23-24

Week 2 Continued

10. Why would an unforgiving attitude be fatal to worship?

Read Ephesians 4:29

11. According to this verse, what practice should we avoid, and what should we do instead? Explain the difference between talk that is corrupting and that which is good.

12. Who do you need to speak life-giving words to this week? How and when will you do it?

Week 2 Notes
