



Discussion Guide

Ice Breakers: Have you ever been in a parade? When? What for? What did you have to do while you were in it? How did it make you feel?

1. Pastor Tom walked us through a series of types of external toxins that can bring on the need for tears to flush out of our system. (things, places & people) What are some of your experiences with these things and how are they still affecting you? (Overviews are fine, don't need details-keep it PG!)
2. Toxins in our bodies often require drastic responses, such as an Emergency Room visit and antivenom if you're bitten by a rattlesnake. Thankfully, God has provided a simpler way of removing the toxins from our lives. Read Proverbs 4:14-15 & 22:5 and discuss how these principles could flush things out of our systems.
3. How have healthy boundaries and forgiveness helped you process hard things in the past? What are some current areas in which you need to set better boundaries or to extend forgiveness to someone?
4. External toxins aren't the only issues we have to face because sometimes we introduce toxic things to our own lives! After reviewing the list of personal and relational toxins, take some time to discuss some of the things which you find yourself engaging with in your life.
5. How do the thoughts of 1 Peter 2:1-3 help flush toxins out of our lives, and what goals and systems do you need to put in place to see that happen?
6. Read Colossians 3:12-17. What truths from this passage stuck out to you as you seek to grow in becoming a self-feeding Jesus follower?
7. What can your group do together to help one another minimize the toxicity of your lives?

Personal Guide

Day One: Proverbs 11

Day Two: Proverbs 12

Day Three: Proverbs 13

Day Four: Proverbs 14

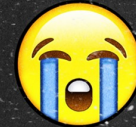
Day Five: Proverbs 15



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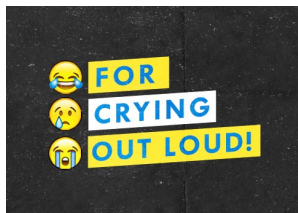
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OUT LOUD!

MESSAGE NOTES & SMALL GROUP GUIDES

“TOXIC TEARS”
NOV. 24, 2019



“TOXIC TEARS”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Note Psalm 56:8; Ecclesiastes 3:1, 4a; Lamentations 2:11a

If you think tears are a sign of weakness or character _____, try explaining that to Jesus (note John 11:35; Luke 19:41)

We shed tears when something _____ our system that doesn't belong there. What other types of poisons need to be _____ out of our systems...?

1. _____ Toxins

- T _____
- P _____
- P _____ - can be from our _____ (maybe not even alive anymore, but their words/actions still impact us); as well as from our _____; and other toxic people encourage you to make _____ choices...

(note Proverbs 22:24-25; 1 Corinthians 15:33)

How do we _____ these spiritual, emotional, and relational toxins from our lives?

- Healthy _____ (book by Cloud/Townsend) - note Proverbs 4:14; 22:5
- F _____ (note Colossians 3:13; Ephesians 4:32)
U _____ is like drinking poison and expecting the other person to get sick. Forgiveness is _____. _____ is earned.

2. _____ Toxins

Note 1 Peter 2:1 (“rid” in original language = “taking off _____”).

- A. P _____ toxins (note Colossians 3:5) - being e _____ with evil (in any form) and constantly pursuing more stuff and more money, etc., are also personal poisons to our souls (“_____” = “idolatry” = putting anything ahead of God).
- B. R _____ toxins (note 1 Peter 2:1; Colossians 3:8-9a) - “malice...hateful” (_____ intentions and actions that hurt others); “all deceit” (hurting others through _____, telling lies); “hypocrisy” (insincerity, “playing a part, wearing a _____...”); “envy” (jealous of others and unable to _____ the good things others do or receive); “slander” (_____ speech that hurts others...).
- C. Back to the _____ (note 1 Peter 2:2) - “pure spiritual _____” = God’s Word (note 1 Peter 1:23-25). Becoming self-feeding Jesus followers causes us to _____ spiritually (note 1 Peter 2:2-3).
- D. Put on a new w _____ (note Colossians 3:12-14, 15-16)

What God’s gift of tears tell us:

- What external and internal toxins does God want to _____ out of our system today?
- Bring your toxic tears to Him today.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too! During communion today, there are people available to pray with you about whatever God has been challenging you about today.



“Toxic Tears” [Tom Lundeen, Lead Pastor]

MESSAGE NOTES

Note Psalm 56:8; Ecclesiastes 3:1, 4a; Lamentations 2:11a

If you think tears are sign of weakness or character flaw, try explaining that to Jesus (note John 11:35; Luke 19:41)

We shed tears when something invades our system that doesn't belong there.

What other types of poisons need to be flushed out of our systems...?

1. External Toxins

- Things
- Places
- People – can be from our past (maybe not even alive anymore, but their words/actions still impact us); as well as from our present; and other toxic people encourage you to make unhealthy choices... (note Proverbs 22:24-25; 1 Corinthians 15:33)

How do we remove these spiritual, emotional, and relational toxins from our lives?

- Healthy boundaries (book by Cloud/Townsend) – note Proverbs 4:14; 22:5
- Forgiveness (note Colossians 3:13; Ephesians 4:32) – Unforgiveness is like drinking poison and expecting the other person to get sick. Forgiveness is given. Trust is earned.

2. Internal Toxins

Note 1 Peter 2:1 (“rid” in original language = “taking off clothing”).

- A. Personal toxins (note Colossians 3:5) – being enamored with evil (in any form) and constantly pursuing more stuff and more money, etc., are also personal poisons to our souls (“greed” = “idolatry” = putting anything ahead of God).
- B. Relational toxins (note 1 Peter 2:1; Colossians 3:8-9a) – “malice...hateful” (evil intentions and actions that hurt others); “all deceit” (hurting others through falsehood, telling lies); “hypocrisy” (insincerity, “playing a part, wearing a mask...”); “envy” (jealous of others and unable to celebrate the good things others do or receive); “slander” (all speech that hurts others...).

So what's God's way to flush these...toxins out of our lives?

- C. Back to the basics (note 1 Peter 2:2) – “pure spiritual milk” = God's Word (note 1 Peter 1:23-25). Becoming self-feeding Jesus followers causes us to grow up spiritually (note 1 Peter 2:2-3).
- D. Put on a new wardrobe (note Colossians 3:12-14, 15-16)

What God's gift of tears tell us:

- What external and internal toxins does God want to flush out of our system today?
- Bring your toxic tears to Him today.

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too! During communion today, there are people available to pray with you about whatever God has been challenging you about today.