



REASSEMBLY REQUIRED

06.11

BOUNDARIES
AND TOXICITY

INTRODUCTION

In week two of our *Reassembly Required* series, Pastor John defined “toxic people” as those who “are destructive, repeat, and consistent offenders that hurt you and inject poison into every relationship.” Together, we’ll spend time unpacking the five timeless principles for navigating toxic relationships and establishing healthy boundaries.

DISCUSSION

1. While toxic relationships are inevitable, it’s important to differentiate between relationships we don’t prefer versus those which are truly toxic. With Pastor John’s definition from above in mind, are there any relationships you’ve miscategorized? How does this help you frame up the more difficult relationships in your life right now?
2. **Revisit and read 2 Timothy 4:14-15.** Rather than ignoring, mitigating, or pushing down the impact of toxic relationships in our lives, we should take time to personally identify the true issue and real pain we’re experiencing. If asked, would you be able to articulate why a relationship is toxic for you in a single sentence? What do you need this week to help you grow your awareness in these relationships?
3. **Revisit and read Matthew 7:1-6 & Galatians 6:1.** Part of this reflective work is confronting your part in the toxic relationships in your life. Consider your influence and impact on these relationships. How might your behavior and emotions be contributing in an unhealthy way? Similar to the question above, what steps do you need to take to examine your own relational health?
4. When you find yourself in toxic relationships, setting boundaries is healthy. They protect you but require resilience to uphold. If you need to establish some new boundaries, what challenges do you anticipate in that effort? What changes could you imagine for yourself by maintaining that healthy boundary? What might you need to uphold it?
5. Take a deep breath and consider this question: Do you trust Jesus with the toxic relationships in your life right now? Why or why not?

APPLICATION

Intentional reflection to grow in our awareness is one of the best first steps we can take in beginning to navigate toxic relationships.

Here are some tried and true starting points:

- **Silence and solitude.** You may have heard this one before, but making time for quiet with God will help reveal the true feelings and motivations in your heart. Invite God to reveal both the hurt you’re experiencing from someone else and how you’re contributing to that relationship.
- **Seek wise counsel.** Speak with someone you trust who will help guide you forward healthily. The intent isn’t to just vent or gossip but ask for someone else’s help in seeing and speaking wisdom into relationships that can be confusing and complicated.
- **Pray.** Have an honest conversation with God about your hurt and the toxic relationships in your life. It’s ok to share your frustration and negative emotions (even if it’s directed his way); he can handle it and wants you to share where you really are. Ask for his help in handing these relationships to Him, trusting he is working on them (and in you).