



Q2
2025 Lesson Series
Series 4-6
April, May, June 2025

Unlocking Your Full Potential FOR SPIRITUAL GROWTH

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Table of Contents: Q2 Lesson Series April, May, June 2025

How to Use This Plan..... Page 3

Theological Definition Page 4

Consequences of Releasing Toxic People, Situations, and Behaviors.....Page 5

Overview: Series 4 and 5 Page 6

Series 4: April Lessons ~ Overcoming Toxic Behaviors..... Page 7

Recognizing Personal Toxic Behaviors

Biblical Examples of Personal Toxicity

Biblical Insights on Overcoming Toxic Behaviors

Series 5: May Lessons ~ Overcoming Toxic Situations..... Page 11

Practical Steps to Overcome Personal Toxicity

The Rewards of Overcoming Toxic Behaviors

God’s Role in Overcoming Toxicity

Series 6: June Lessons ~ Healing from Past Hurts Page 16

Biblical Foundation for Healing

The Purpose of Healing

The Process of Healing

The Benefits of Healing

How to Use This Plan

The Prince George's Church of Christ 2025 Study Guide is a topical plan focused on releasing toxic people, situations, and behaviors to unlock our full potential for spiritual growth. While in this earth, Jesus addressed the focus of our study in John 10:10 when he said, "The thief comes only to steal and to kill and destroy; I have come that they may have life and have it to the fullest."

Until the decision is made and acted upon to do the work of releasing spiritually unhealthy people, situations, and even behaviors, abundant living will not likely be achieved.

How to Use This Plan

- **Weekly Study:** Each subtopic can be explored weekly, providing a focused and in-depth study of each theme.
- **Reflection and Prayer:** Encourage personal reflection and prayer on how to apply each lesson in daily life to achieve spiritual growth and freedom.
- **Group Discussions:** These topics can be used for group Bible studies, discussions, or individual reflection, helping participants grow together.

This plan is designed to help you identify, release, and heal from toxic influences in your life, empowering you to reach your full potential in Christ.

Theological Definition: Releasing Toxic People, Situations, and Behaviors

Theologically, releasing toxic people, situations, and behaviors is viewed as an act of spiritual discernment and obedience to God's will, where individuals seek to align their lives with biblical principles of holiness, peace, and righteousness. This involves separating oneself from influences that lead away from God's purpose, hinder spiritual growth, or promote sinful behaviors. Theologically, this process includes seeking God's guidance in setting boundaries, embracing forgiveness, and pursuing relationships and habits that reflect Christ's love and lead to spiritual maturity and freedom in Christ.

Consequences of Releasing Toxic People, Situations, and Behaviors

Emotional Consequences

- ◆ **Chronic Stress and Anxiety:**
 - Remaining in toxic relationships or holding onto negative behaviors can lead to ongoing stress and anxiety, which can erode mental well-being over time.
- ◆ **Depression:**
 - The constant negativity and emotional abuse in toxic environments can contribute to feelings of hopelessness, sadness, and depression.
- ◆ **Low Self-Esteem:**
 - Toxic relationships often involve manipulation and criticism, which can diminish one's self-worth and confidence.
- ◆ **Emotional Instability:**
 - Constant exposure to toxic influences can lead to mood swings, irritability, and difficulty in managing emotions.

Physical Consequences

- **Chronic Health Issues:**

- Persistent stress from toxic relationships and behaviors can lead to physical health problems such as headaches, high blood pressure, heart disease, and weakened immune function.

- **Fatigue and Exhaustion:**

- The emotional toll of toxic environments can manifest physically, leading to constant tiredness, lack of energy, and burnout.

- **Sleep Disorders:**

- Anxiety and stress from toxic influences can disrupt sleep patterns, leading to insomnia or poor-quality sleep.

- **Increased Risk of Substance Abuse:**

- Individuals may turn to alcohol, drugs, or other substances as a coping mechanism for the pain and stress caused by toxic influences.

Spiritual Consequences

- **Stagnation in Spiritual Growth:**

- Toxic relationships and behaviors can hinder spiritual progress, making it difficult to grow in faith and understanding of God's will.

- **Distance from God:**

- Engaging in or tolerating sinful behaviors and negative influences can create a barrier between an individual and their relationship with God.

- **Loss of Peace and Joy:**

- Toxic influences can rob a person of the peace and joy that comes from a close walk with God, leading to spiritual dissatisfaction and unrest.

- **Guilt and Shame:**

- Continued involvement in toxic behaviors can lead to feelings of guilt and shame, which can further distance a person from God's grace and forgiveness.

These consequences highlight the importance of addressing and letting go of toxic relationships, behaviors, and thinking patterns to preserve emotional, physical, and spiritual health.

OVERVIEW: Series 4 and 5

Biblical Outlook:

Overcoming Personal Toxic Behaviors (Series 4 ~ April)

and

Overcoming Toxic Situations (Series 5 ~ May)

The Bible provides profound guidance on identifying, confronting, and overcoming personal toxic behaviors.

These behaviors, often rooted in sin, can hinder relationships, spiritual growth, and one's ability to live a life that honors God. Overcoming them requires self-awareness, repentance, and reliance on God's power to transform.



Series 4: April Lessons ~ Overcoming Toxic Behaviors

Key Scripture

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness."

Ephesians 4:22-24

Sub-Topics

- a. Identifying Toxic Behaviors:** Recognizing behaviors in yourself that are harmful and hinder your growth.
- b. Renewing Your Mind – Romans 12:2:** The transformation that comes from renewing your mind in God's Word.
- c. Breaking Bad Habits – Colossians 3:5-10:** Putting to death the old self and embracing the new self in Christ.
- d. Cultivating Healthy Habits:** Replacing toxic behaviors with godly, life-giving habits.

Series 4 ~ April Lessons

Overcoming Personal Toxic Behaviors

1) Recognizing Personal Toxic Behaviors

◆ Definition of Toxic Behaviors

Toxic behaviors are patterns of thinking, speaking, or acting that harm yourself or others. They often stem from pride, fear, insecurity, or a lack of spiritual maturity.

Key Verse: *"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."* (**Psalms 139:23–24**)

- Overcoming toxicity begins with an honest evaluation of one's heart and actions.

2) Biblical Examples of Personal Toxicity

a. Cain's Envy and Anger

- Story: Cain's jealousy of Abel led to anger, toxic behavior, and ultimately murder (**Genesis 4:3–8**).
- Toxic Trait: Unchecked envy and bitterness.
- Lesson: God calls us to master our emotions and seek reconciliation instead of letting toxicity fester (**Genesis 4:7**).

b. Jonah's Pride and Resentment

- Story: Jonah's toxic attitude toward the Ninevites revealed his self-righteousness and lack of compassion (**Jonah 4:1–3**).
- Toxic Trait: Pride and refusal to forgive.
- Lesson: God's grace challenges us to abandon toxic pride and embrace humility and love.

c. Peter's Impulsiveness

- Story: Peter's impulsive nature led to rash actions, like cutting off the servant's ear (**John 18:10**).
- Toxic Trait: Lack of self-control and patience.
- Lesson: Transformation comes through reliance on the Holy Spirit (**Acts 2:14–41**).

Series 4, cont. ~ April Lessons

3) Biblical Insights on Overcoming Toxic Behaviors

a. Acknowledge Your Need for Change

- *Key Verse: "If we claim to be without sin, we deceive ourselves and the truth is not in us." (1 John 1:8)*
- The first step in overcoming toxicity is admitting your struggles and bringing them to God.

b. Repent and Seek Forgiveness

- *Key Verse: "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord." (Acts 3:19)*
- True change begins with repentance—a turning away from toxic behaviors and toward God's grace.

c. Renew Your Mind

- *Key Verse: "Do not conform to the pattern of this world but be transformed by the renewing of your mind." (Romans 12:2)*
- Toxic behaviors often stem from toxic thought patterns. Scripture renews the mind and aligns it with God's truth.

d. Rely on the Holy Spirit

- *Key Verse: "So I say, walk by the Spirit, and you will not gratify the desires of the flesh." (Galatians 5:16)*
- The Holy Spirit empowers believers to overcome sin and cultivate Christlike character.



April Lesson Notes





Series 5: May Lessons

Overcoming Toxic Situations

Key Scripture

"The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Psalms 34:17-18

Sub-Topics

Escaping Toxic Environments: Recognizing when a situation is detrimental and taking steps to leave.

Trusting God's Guidance – Isaiah 30:21: Listening for God's voice to guide you out of toxic situations.

God's Deliverance – Exodus 14:13-14: Trusting God to deliver you from oppressive circumstances.

Finding Refuge in God: Leaning on God as your refuge and strength in times of distress.



Series 5 ~ May Lessons

1) Practical Steps to Overcome Personal Toxicity

a. Identify the Root Causes

- ♦ Example: Pride, insecurity, fear, or unresolved pain often fuel toxic behaviors.
- ♦ *Key Verse: "Each one should test their own actions." (Galatians 6:4)*
- ♦ *Reflect on what drives your toxic patterns.*

b. Practice Self-Control

- ♦ *Key Verse: "Like a city whose walls are broken through is a person who lacks self-control." (Proverbs 25:28)*
- ♦ Toxicity often thrives on impulsiveness. Cultivate self-discipline through prayer and intentional choices.

c. Replace Toxicity with Godly Traits

- ♦ *Key Verse: "Put to death, therefore, whatever belongs to your earthly nature." (Colossians 3:5)*
- ♦ Replace toxic behaviors like anger, envy, or selfishness with godly virtues like love, humility, and kindness (**Colossians 3:12-14**).

d. Surround Yourself with Godly Influences

- ♦ *Key Verse: "As iron sharpens iron, so one person sharpens another." (Proverbs 27:17)*
- ♦ Seek accountability and encouragement from trusted Christian friends or mentors.

e. Commit to Consistent Prayer

- ♦ *Key Verse: "Pray continually." (1 Thessalonians 5:17)* Prayer invites God's transforming power into areas of weakness and toxicity.

2) The Rewards of Overcoming Toxic Behaviors

a. Spiritual Growth

- ◆ *Key Verse: "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
(James 1:12)*
- ◆ Overcoming toxicity refines your character and strengthens your faith.

b. Healthier Relationships

- ◆ *Key Verse: "Do to others as you would have them do to you."
(Luke 6:31)*
- ◆ Eliminating toxic behaviors fosters trust, respect, and love in relationships.

c. Peace and Freedom

- ◆ *Key Verse: "It is for freedom that Christ has set us free."
(Galatians 5:1)*
- ◆ Letting go of toxicity frees you to live with peace and joy.

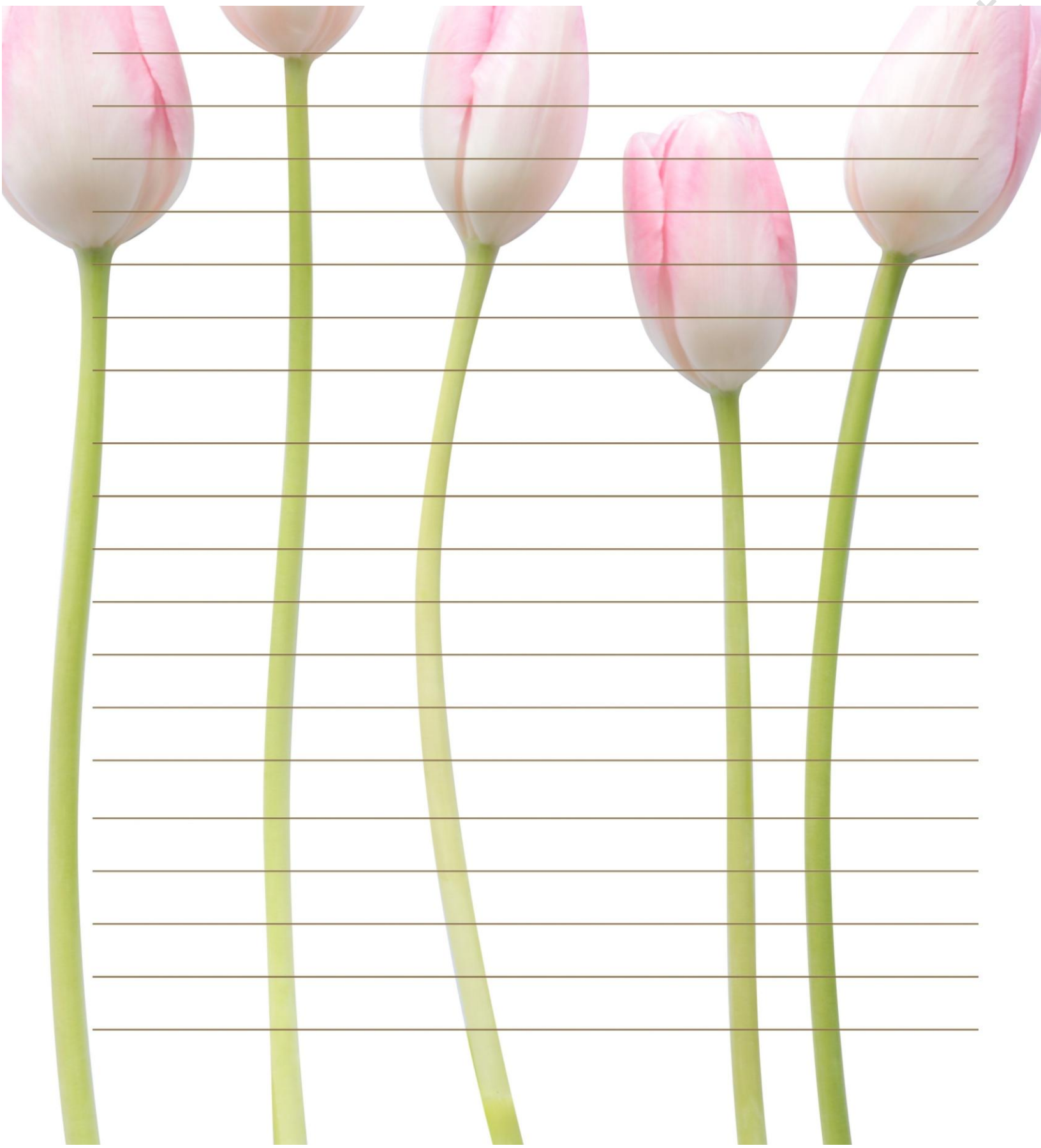
d. A Greater Witness for Christ

- ◆ *Key Verse: "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."
(Matthew 5:16)*
- ◆ A transformed life reflects God's power and draws others to Him.





May Lesson Notes



Series 5, cont. ~ May Lessons

3) God's Role in Overcoming Toxicity

a. God's Power

- *Key Verse: "I can do all this through Him who gives me strength." (Philippians 4:13)*
- God's strength enables believers to overcome sin and toxicity.

b. God's Grace

- *Key Verse: "My grace is sufficient for you, for My power is made perfect in weakness." (2 Corinthians 12:9)*
- God's grace sustains believers as they work to overcome their toxic tendencies.

c. God's Promise

- *Key Verse: "He who began a good work in you will carry it on to completion." (Philippians 1:6)*
- God is faithful to transform His people into the image of Christ.

Series 6: June Lessons ~ Healing from Past Hurts

Key Scripture:

"He heals the brokenhearted and binds up their wounds."

Psalms 147:3

Subtopics:

- a. Acknowledging the Hurt:** The first step toward healing is admitting and confronting the pain.
- b. Forgiving Others – Matthew 6:14-15:** The importance of forgiveness in the healing process.
- c. Healing through Prayer – James 5:16:**
Confessing and praying for one another to find healing.
- d. God's Healing Power:** Trusting God to heal your broken heart and bind up your wounds.

Series 6 ~ June Lessons

Biblical Purpose Statement: The Importance of Healing from Past Hurts

Healing from past hurts is essential for living a life of freedom, purpose, and spiritual wholeness in Christ. The Bible emphasizes that God desires to restore broken hearts, renew minds, and transform lives for His glory and our good. By addressing and overcoming past wounds, believers are empowered to walk in peace, build healthy relationships, and fulfill God's unique calling on their lives.



Series 6 ~ June Lessons

1. Biblical Foundation for Healing

- *Key Verse: "He heals the brokenhearted and binds up their wounds."* **(Psalm 147:3)**
- God is the ultimate healer, offering restoration and hope to those who turn to Him.

2. The Purpose of Healing

a. To Experience God's Love and Grace

- *Key Verse: "Come to me, all you who are weary and burdened, and I will give you rest."* **(Matthew 11:28)**
- Healing allows believers to experience the fullness of God's love, grace, and peace.

b. To Walk in Freedom

- *Key Verse: "It is for freedom that Christ has set us free."* **(Galatians 5:1)**
- Letting go of past hurts frees believers from the bondage of bitterness, shame, and unforgiveness.

c. To Fulfill God's Purpose

- *Key Verse: "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."* **(Romans 8:28)**
- Healing prepares believers to embrace the good works God has planned for them.



Series 6, cont. ~ June Lessons

3. The Process of Healing

a. Acknowledging the Hurt

- ◆ *Key Verse: "The truth will set you free." (John 8:32)*
- ◆ Healing begins with honesty before God about past pain.

b. Receiving God's Healing

- ◆ *Key Verse: "Praise the Lord, my soul...who forgives all your sins and heals all your diseases." (Psalm 103:2-3)*
- ◆ God's forgiveness and love are the foundation for emotional and spiritual healing.

c. Forgiving Others

- ◆ *Key Verse: "Forgive as the Lord forgave you." (Colossians 3:13)*
- ◆ Forgiveness releases the power of past wounds and restores peace.

d. Renewing the Mind

- ◆ *Key Verse: "Do not conform to the pattern of this world but be transformed by the renewing of your mind." (Romans 12:2)*
- ◆ Healing involves replacing toxic thoughts with God's truth.

e. Trusting God with the Outcome

- ◆ *Key Verse: "Cast all your anxiety on Him because He cares for you." (1 Peter 5:7)*
- ◆ Surrendering past pain to God leads to restoration and hope.



Series 6, cont. ~ June Lessons

4. The Benefits of Healing

a. Spiritual Growth

- ◆ *Key Verse: "Being confident of this, that He who began a good work in you will carry it on to completion." (Philippians 1:6)*
- ◆ Healing deepens faith and dependence on God.

b. Healthy Relationships

- ◆ *Key Verse: "As far as it depends on you, live at peace with everyone." (Romans 12:18)*
- ◆ Healing fosters reconciliation and healthier connections with others.

c. Joy and Peace

- ◆ *Key Verse: "The joy of the Lord is your strength." (Nehemiah 8:10)*
- ◆ Emotional and spiritual healing brings inner joy and peace.

d. A Greater Witness

- ◆ *Key Verse: "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." (Matthew 5:16)*
- ◆ A healed life reflects God's power and draws others to Him.



June Lesson Notes



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