



This week, we start a new sermon series called, Toxic Talk. This series builds upon the principles given in the WORDS series by taking our conversation to the NEXT LEVEL. What if the life we are meant for is waiting for us to activate it? That's exactly what we are challenged with in this week's discussion. We must speak life, rather than death over our situations to walk in the fullness of what God has for us. Let's start changing our Toxic Talk!

OPEN IN PRAYER / ICEBREAKER

DISCUSSION QUESTIONS:

1. What is Toxic Talk?

 **Scripture:** Proverbs 18:21

Questions:

- How conscious are you of your daily speech patterns?
- What percentage of your self-talk or conversations with others would you consider positive, faith-filled, and aligned with God's Word?
- What specific areas of "toxic talk" do you struggle with most? (Examples: complaining, criticism, self-deprecation, gossip, doubt-filled statements)


2. Imitating Christ in our speech.

 **Scripture:** Ephesians 5:1

Questions:

- According to Ephesians 5:1, we are called to be "imitators of God." What does Jesus' speech pattern throughout the Gospels reveal about how we should speak?
- Jesus often spoke of things that weren't yet visible as if they already existed (e.g., healing before it manifested). How can we apply this principle in our own lives?

3. God's Eternal Perspective vs. Our Temporal One

 **Scripture:** Isaiah 46:9-10

Questions:

· What does it mean that God “makes known the end from the beginning”?

How should this affect our faith and speech during difficult seasons?

· The sermon mentions that “I am already healed” from God’s perspective.

How can we reconcile this truth with the reality of ongoing physical or emotional struggles?

· Movie-making analogy: “God finished the work, then began it.” How does this shift your understanding of your current circumstances?

4. Walking out our Predestined Path

 **Scripture:** Romans 8:28-31

Questions:

· According to Romans 8:28-31, what is the progression of God’s work in our lives? (foreknown → predestined → called → justified → glorified)

- Pastor Ron states: “I am in the earth BECOMING who I already am.” What do you think this means? How does it apply to your current season of life?

- The sermon suggests that we’re not waiting on God; rather, His promises are waiting on us to activate them through our words and obedience. How does this phrase challenge you?

CONCLUSION & PRAYER

God has already planned our victory, and we activate it through speaking His Word and living in obedience. Just as the movie director films the final scene of the movie before the opening scene. Are stories were already written before we came on the scene! We are becoming who we already are in God, and our words play a crucial role in manifesting His will in our lives.

Remember, God has already predestined, called, justified, glorified us. Our end is secure, but we must continue speaking to our predestined end until we see it manifest. Let’s change our toxic talk to life-giving words and watch what happens!

CHALLENGE: Let’s practice praying for one another, specifically focusing on areas where we need to overcome toxic talk and embrace God’s truth.

Choose one person in the group and commit to praying for them throughout the week. Set a timer or alarm to help you remember!

PERSONAL CHALLENGE: Write out a list of I AM statements that are based on scripture. For example: I am healed, I am loved, I am forgiven.