

## SOUL DETOX

### Radioactive Relationships

**Relationships carry great power as we live out our lives on earth.**

- Healthy relationships that bring life and the best out of us.
- Unhealthy (toxic) relationships that bring hurt and the worst out of us.

### **Dealing with toxic relationships:**

- Need to balance the command of Jesus to love and forgive others with the realities of **1 Corinthians 15:33** and **Proverbs 13:20**.
- At times, it may be necessary to leave a relationship behind.
- Often the answer is found in establishing healthy boundaries with those we struggle with.

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# GOD'S WORD FOR TODAY

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## Galatians 5:7-15

<sup>7</sup> You were running well. Who hindered you from obeying the truth? <sup>8</sup> This persuasion is not from him who calls you. <sup>9</sup> A little leaven leavens the whole lump. <sup>10</sup> I have confidence in the Lord that you will take no other view, and the one who is troubling you will bear the penalty, whoever he is. <sup>11</sup> But if I, brothers, still preach circumcision, why am I still being persecuted? In that case the offense of the cross has been removed. <sup>12</sup> I wish those who unsettle you would emasculate themselves!

<sup>13</sup> For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. <sup>14</sup> For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." <sup>15</sup> But if you bite and devour one another, watch out that you are not consumed by one another.

## Matthew 16:13-23

<sup>13</sup> Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" <sup>14</sup> And they said, "Some say John the Baptist, others say Elijah, and others Jeremiah or one of the prophets." <sup>15</sup> He said to them, "But who do you say that I am?" <sup>16</sup> Simon Peter replied, "You are the Christ, the Son of the living God." <sup>17</sup> And Jesus answered him, "Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven. <sup>18</sup> And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. <sup>19</sup> I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." <sup>20</sup> Then he strictly charged the disciples to tell no one that he was the Christ.

<sup>21</sup> From that time Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised. <sup>22</sup> And Peter took him aside and began to rebuke him, saying, "Far be it from you, Lord! This shall never happen to you." <sup>23</sup> But he turned and said to Peter, "Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man."