S-966

Outline

Leaving a Dysfunctional System

Sometimes we need to leave toxic people, or escape bad situations. Even if we know that something or someone is not good for us, attachment or dependence can make it very difficult to leave. We can be encouraged that just wanting something better is the beginning of getting a healthier life. When we invite light into our life, we may initially be excited about the prospect of something new and better. However, not everyone will share our excitement; others may attempt to undermine our efforts to break away, so we need to be prepared. Dr. Cloud will illustrate how this process works using one of his favorite Old Testament stories (Genesis 19). This Solutions session will help you learn how to leave behind dysfunction and better prepare for resistance.

Small group discussion questions:

1) Which system or person do you need to leave?

2) What barriers do you identify with in this story?

3) Which steps mentioned here do you need to apply?