

1. Groeschel, Craig *Soul Detox: Clean Living in a Contaminated World* Zondervan, 2013

## THE FOLLOW UP

**TOXIC — PART 4**  
***You have 6 days to get  
these 4 devos and the Quiet  
Time Challenge done***



Don't be fooled by those who say such things,  
for "bad company corrupts good character."  
~ 1 Corinthians 15:33

## DEVO #1—Are They Friends or Foes?

**READ: 1 Kings 12:1-20; 1 Corinthians 15:33**

Leukemia is a pretty bad disease. It takes something good—our white blood cells—and turns them into something bad. White blood cells work in our body to fight disease. However, leukemia takes these disease-fighters and actually causes them to create disease!

As we talked about in our lesson, leukemia can be a lot like friends. Friends are supposed to be good. They are supposed to help us, supports us, and bless us. Yet, sometimes friends are NOT good. Instead of helping, they hurt. Instead of supporting, they tear down. And instead of blessing, they are a curse.

1. How were Rehoboam's friends NOT good?
2. How would his life have been different if he had better friends?
3. What kind of influence do your friends have on you?
4. What kind of influence do you have on your friends?

### PRAYER

- ~Thank God for wanting to be your best friend
- ~Confess to God, if necessary, following friends more than you follow Him
- ~Ask God for the strength to follow Him over your friends and to be a great influence on your friends for Him

## ADDITIONAL NOTE SPACE

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## POSSIBLE ACTION STEPS

- ◆ Think about those who are closest to you. Who is a bad influence? Who is a good influence? Where do you need to draw lines and create boundaries?
- ◆ The more you allow the Lord to influence you, the better life will be. Do you make time for Bible study, devotions, prayer times, listening to Christian worship music (not "Christian fluff"), spend time serving others and doing ministry, etc.
- ◆ Keep praying at least ten minutes each day
- ◆ What things can you eliminate from your schedule to make more time for God-influencing things?

## QUIET TIME CHALLENGE

### NOTE:

The *Quiet Time Challenge* is NOT a devotional in itself. It is designed for you to do separately apart from your daily devotional time.

### HOW IT WORKS:

Find a quiet place with no distractions. Make this between just you and God. Clear your mind then read the Bible verse(s). After doing so, work through the questions. At the end, spend five to ten minutes in "listening mode." Just ask God to speak to you and then be quiet and seek to hear His voice.

### PART 1 — READ: 3 John 11

### PART 2 — QUESTIONS

Explain this verse in your own words:

When it comes to your peers, do you tend to follow them regardless of what they do (good or bad), or are you careful to only let good examples influence you?

### PART 3 — LISTEN

Ask God to examine your heart. Ask Him to help you follow Him and not your peers. Then seek to hear His voice speak to your soul. (Feel free to jot down anything you.)

## DEVO #2 — Thermometer or Thermostat

### READ: Psalm 101; Philippians 3:17-21

As you go through life, you will either be a thermometer or a thermostat. What's the difference, you ask? Well, a thermometer simply reads the temperature of the room. Whatever the temperature is in that room, that is what the thermometer reads. Meanwhile, a thermostat actually sets the temperature for the room. If the thermostat is set for 70, that will be the temperature of the room.

So, which one are you? Are you like a thermometer? You simply become like what is around you? If your friends make good choices, you will too. But if they don't, then you don't. Or do you set the temperature? You don't follow what others are doing. You lead the way, setting a great example for others.

1. How does David, in Psalm 101, show that he wants to be a thermostat and not a thermometer?
2. What does Paul say in Philippians 3:17?
3. If you told your friends the same thing, would following you make them more like Jesus or less like Jesus?
4. Are you a thermometer or a thermostat? Explain:

### PRAYER

~Thank God for the friends that help you live right  
~Confess to God, if necessary, being a thermometer  
~Ask God to make you into a great thermostat

## DEVO #3 — Don't Pop My Bubble, Man!

**READ: Proverbs 4:10-19; 23:17-25**

Boundaries and personal bubbles are very important in life, don't you think? Many people work VERY hard to keep a comfortable eighteen inch personal bubble in place!

Now, you may agree or disagree with someone having a personal bubble. However, I think we can all agree that boundaries and bubbles are an important way to keep our souls safe from those who could harm it. As Craig Groeschel, author of *Soul Detox*, says, "Our souls will suffer if we aren't careful about our relationships...Bad company is toxic to our soul. The wrong relationships corrupt, pollute, infect, rot, and destroy good character."<sup>1</sup>

1. Proverbs is written by a dad for his child. Why do you think this father does NOT want his child to hang around with bad friends?
2. We often become like those we spend time with. How have you seen this happen in your life?
3. What boundaries do you have set up to keep bad influences from negatively effecting you?
4. Is there more you could do? If so, what?

### PRAYER

- ~Thank God for His love, protection, and care
- ~Confess to God, if necessary, not having boundaries
- ~Ask God guard your soul and to help you maintain boundaries

## DEVO #4 — Unintended Consequences

**READ: Joshua 7**

There's a story of a pig that was rooting around the base of an oak tree looking for acorns. He would scratch up the ground with his hooves trying to uncover as many as he could. A crow sitting in one of the tree branches told the pig, "If you keep digging here, you will expose all the roots."

"What do I care," said the pig, still clawing at the ground.

"Well," started the crow again, "if the roots are exposed, the tree will die. And if the tree dies all the birds and squirrels and chipmunks in this oak will lose their homes."

Stopping, the pig looked up, "What do I care? So long as I can still get acorns."

Sometimes, we can be like that little pig. We don't think about how big an impact our actions can have on others (and ourselves).

1. What did Achan do that caused all the problems for himself and others?
2. How many Israelites died, and what happened to his family, because of his personal choices?
3. When Satan is tempting us to make poor choices, he makes sure to leave out the details that will follow such a choice. But why is it important to remember that every personal choice has consequences for more than just yourself?
4. Where have you seen the reality of this in your own life?

### PRAYER

- ~Thank God for His forgiveness when you blow it
- ~Confess to God, if necessary, making choices that have negatively effected many others
- ~Ask God to help you make choices that will bless others