



Reflection Guide
Sermon Title: Under The Influence

Key Takeaways

- ⇒ There is no such thing as influence-free living.
- ⇒ Toxic does not always feel toxic.
- ⇒ Sincere people can carry serious traits.
- ⇒ What you cannot see, you cannot surrender.

Personal Reflection

1. A toxic trait as a recurring way of thinking, reacting, and behaving that is formed by unexamined influences, operates below your awareness, and eventually leads to injury, embarrassment, or harm. Does that definition challenge or expand the way you have traditionally thought about toxic behavior? How so?
2. Toxic does not always feel toxic and offers several examples, such as the person who will not hold a boundary versus the person who violates one, or the person who keeps giving money to irresponsible people versus the person who keeps taking it. Which end of that spectrum do you think is harder for people to recognize in themselves, and why?
3. Pastor Dharius said, "We all have toxic traits, but the question is do you know what they are and as a disciple of Jesus what are you going to do about them?" How do you personally respond to the idea that you carry toxic traits? Is there resistance, relief, or something else?
4. Exposure is an influence that works without consent, like catching an accent rather than being taught one. What environments, households, or relationships do you think have shaped the way you handle conflict, power, or people in ways you did not choose and may not have fully examined?
5. An assumption is a conclusion you drew from what you were exposed to and never tested against the truth. Rebekah assumed the promise could not be fulfilled without her intervention. What is an assumption you have carried about God, people, or yourself that you have never fully tested against Scripture or honest counsel?
6. The sermon stated, "Untested assumptions do not stay theories. They become strategies, and strategies become patterns." Can you identify a pattern in your life, in your relationships, your leadership, or your stewardship, that might be rooted in an untested assumption? What would it look like to test it?
7. Pastor Dharius said, "What you cannot see, you cannot surrender. And what you never surrender will keep driving." What is one thing you sense the Holy Spirit may be surfacing in you through this message that you have not yet fully surrendered?