



RCCG HOUSE FELLOWSHIP MANUAL

Week 46 — SUNDAY, 19TH JULY, 2026

UNHEALTHY RELATIONSHIP

OPENING PRAYER

Father, pull all our young ones out of unhealthy relationship that can jeopardize their lives.

PREVIOUS KNOWLEDGE

The leaders should remind the members on last week topic on abandoned and the case study, Naomi.

MEMORY VERSE

“And Jonadab said unto him, lay thee down on thy bed, and make thyself sick, and when thy father cometh to see thee, say unto him, I pray thee, let my sister Tamar come, and give me meat, and dress the meat in my sight, that I may see it, and eat it at her hand;” 2 Samuel 13:5

BIBLE TEXT

2 Samuel 13:1-14

LESSON INTRODUCTION

Unhealthy relationship has maimed dreams of many innocent souls, even in our daily prints, we read of young ladies that have died untimely death to ritual killings, anger from their so called “boyfriend”, bible says in 1 Corinthians 15:33 that you should not be fooled by those who say such sweet things to your hearing, if you listen to them, cohabit with them, you are on the verge to destruction, therefore make quick check on who you are dealing with as friends or colleagues

Leader's Diary

LESSON AIM

To make members understand toxic effects unhealthy relationship brings.

TEACHING OBJECTIVES

At the end of the lesson, members should know:

That unhealthy relationship is toxic and deadly.
Signs and how to address it

TEXT REVIEW

2 Samuel 13:1-14

Lust brings torment and is deadly.
When you are endangered with lust, you need good counselor.

Your friend may determine how you will end.

Parents should be careful on giving nod to their children's demand, you ought to query their requests.

TEACHING METHOD

Leader should use discussion method.

TIME MANAGEMENT

Share the teaching time using suggested time schedule.

LESSON OUTLINE ONE

TOXIC AND DEADLY

One of the characteristics of unhealthy relationship is that it is toxic and deadly. What does toxic and deadly means?

It is harmful to your life and destiny. Amnon died untimely due having toxic friendship.

It can bring injury to you and your associates. Death of Amnon due to toxic relationship with Jonadab brought pains to king David.

It can bring hatred, unforgiveness to the recipient.

Toxic relationship can bring unrevokable curse, spell to the family.

Toxic relationship can be damages to organs in the body, loss of womb, eyes, etc.

It can cause untimely death.

LESSON OUTLINE TWO

SIGNS AND HOW TO ADDRESS IT

Let us look at signs of unhealthy relationship first.

Jealous accusations

Abusive behaviours.

Excessive control on all sensitive matters.

Disrespect and constant physical violence.

Inability to manage anger on trivial issues.

Accusing others than taking responsibility.

Belittling and continuous intimidation

When you are seeing all these signs, there is a need to keep yourself out of the relationship to avoid unforeseen occurrence, get a break, get spiritual counsel, never manage toxic relationship, it is poisonous.

SUMMARY

Your friend may determine how you will end.

CONCLUSION

In the beginning, unhealthy relationship might not seem like a big deal, but when it is unchecked, unaddressed, it becomes a big monster.

WEEKLY ACTIVITY

What are the repercussion for unhealthy relationship?

PRAYER POINTS

- Father, free all your children from all evil antics against divine order.
- Father, let every act of disrespect and constant physical violence, stop in our nation
- Father, please stop every inability to manage anger on trivial issues amongst our youths.
- Every act of irresponsibility be destroyed amongst believers.
- Father, let every act of continuous intimidation in our institution be destabilized.

GOLDEN DIET FOR THE WEEK

Monday	Any relationship that will last needs forgiveness.
Tuesday	Faithful are the wounds of a friend, but deceitful are the kisses of an enemy.
Wednesday	He who walks with wise men will be wise, but the companion of fools will suffer harm.
Thursday	There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing. Proverbs 12:18.
Friday	Do not be deceived, bad company corrupts good morals. 1 Corinthians 15:33.
Saturday	Do not be bound together with unbeliever what partnership have righteousness and lawlessness.
Sunday	Do two men walk together unless they have made an appointment? Amos 3:3