



# RCCG OCEANIA

Relationships

## LETTING GO FOR PERSONAL GROWTH

### AT A GLANCE

#### BIG IDEA

To truly grow, one must evaluate and let go of relationships that hinder progress. By prioritizing self-worth and setting boundaries, you open yourself to new opportunities and healthier connections. Embracing this change is an act of self-love and empowerment.

#### PRIMARY PASSAGES

Proverbs 13:20

1 Corinthians 15:33

Philippians 3:13-14

Ephesians 4:31-32

## KEY TAKEAWAYS

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- Growth requires creating space for positive influences.
- Toxic relationships can hinder personal development.
- Letting go opens doors to new opportunities.
- Self-love involves setting boundaries and prioritizing self-worth.
- Evaluate relationships to ensure they align with your purpose.

## INTRODUCTION

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Personal growth often requires us to assess the relationships in our lives. By letting go of those that are toxic or no longer serve our well-being, we create space for positive influences and opportunities. This process is not just about removing negativity but also about embracing self-worth and setting healthy boundaries.

## SCRIPTURE READING

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- **Proverbs 13:20** — Highlights the importance of surrounding oneself with wise and positive influences.
- **1 Corinthians 15:33** — Warns against the negative impact of bad company on one's character.
- **Philippians 3:13-14** — Encourages letting go of the past to pursue future growth and opportunities.
- **Ephesians 4:31-32** — Advises on removing negative emotions and embracing kindness and forgiveness.

## KEY POINTS

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**1. CREATE SPACE FOR GROWTH** — Recognizing the need for growth involves making room for positive influences and opportunities. It is essential to evaluate your current relationships to determine if they support your personal development. Surrounding yourself with wise and uplifting individuals can significantly impact your journey towards growth.

- Evaluate your current relationships and their impact on your growth.
- Seek out relationships that encourage and inspire you.
- Make a list of qualities you value in relationships.
- Consider how your relationships align with your personal goals.

Scripture: Proverbs 13:20

Philippians 3:13-14

## KEY POINTS (CONT.)

**2. IDENTIFY AND RELEASE TOXIC RELATIONSHIPS** — Holding onto toxic relationships can keep you stuck in patterns that hinder your emotional and mental well-being. It is crucial to identify these relationships and take steps to release them. This process can be challenging but is necessary for your overall health and growth.

- Identify relationships that consistently bring negativity into your life.
- Reflect on how these relationships affect your mental and emotional state.
- Set boundaries to protect your well-being.
- Seek guidance or support if needed to release toxic relationships.

Scripture: 1 Corinthians 15:33

Ephesians 4:31-32

## KEY POINTS (CONT.)

- 3. EMBRACE NEW OPPORTUNITIES** — By releasing what no longer serves you, you open yourself to new possibilities and healthier connections. This act of letting go is a step towards self-love and empowerment. Embracing change allows you to grow and discover new paths that align with your values and goals.
- Reflect on the new opportunities that have emerged after letting go.
  - Be open to forming new, positive relationships.
  - Consider how embracing change has impacted your self-worth.
  - Celebrate the growth and progress you have made.

Scripture: Philippians 3:13-14

## GROUP DISCUSSION

Tip: Use these questions to guide the group from seeing → understanding → applying.

## OBSERVATION

- What does Proverbs 13:20 say about the company we keep?
- How does 1 Corinthians 15:33 describe the impact of bad company?
- What are the key actions encouraged in Philippians 3:13-14?
- What emotions are we advised to remove in Ephesians 4:31-32?

## INTERPRETATION

- Why is it important to surround ourselves with wise influences?
- How can toxic relationships affect our personal growth?
- What does it mean to let go of the past according to Philippians 3:13-14?
- How does embracing kindness and forgiveness contribute to personal growth?

## APPLICATION

- How can you evaluate the impact of your current relationships on your growth?
- What steps can you take to release a toxic relationship in your life?
- In what ways can you open yourself to new opportunities and healthier connections?
- How can setting boundaries enhance your self-worth and personal growth?

## PRAYER FOCUS

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- Pray for wisdom to identify relationships that hinder growth.
- Ask for courage to set healthy boundaries.
- Seek strength to embrace new, positive opportunities.

## **NEXT STEP**

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Reflect on your current relationships and take steps to release those that are toxic, opening yourself to healthier connections.

## **CONCLUSION**

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Letting go of toxic relationships is a courageous step towards personal growth. By creating space for positive influences and embracing new opportunities, you prioritize your self-worth and set the stage for a more fulfilling life. This journey requires reflection, courage, and a commitment to self-love, ultimately leading to empowerment and growth.