



Q4
2025 Lesson Series
Series 10-12
Oct, Nov, Dec 2025

Unlocking Your Full Potential **FOR SPIRITUAL GROWTH**

Written By

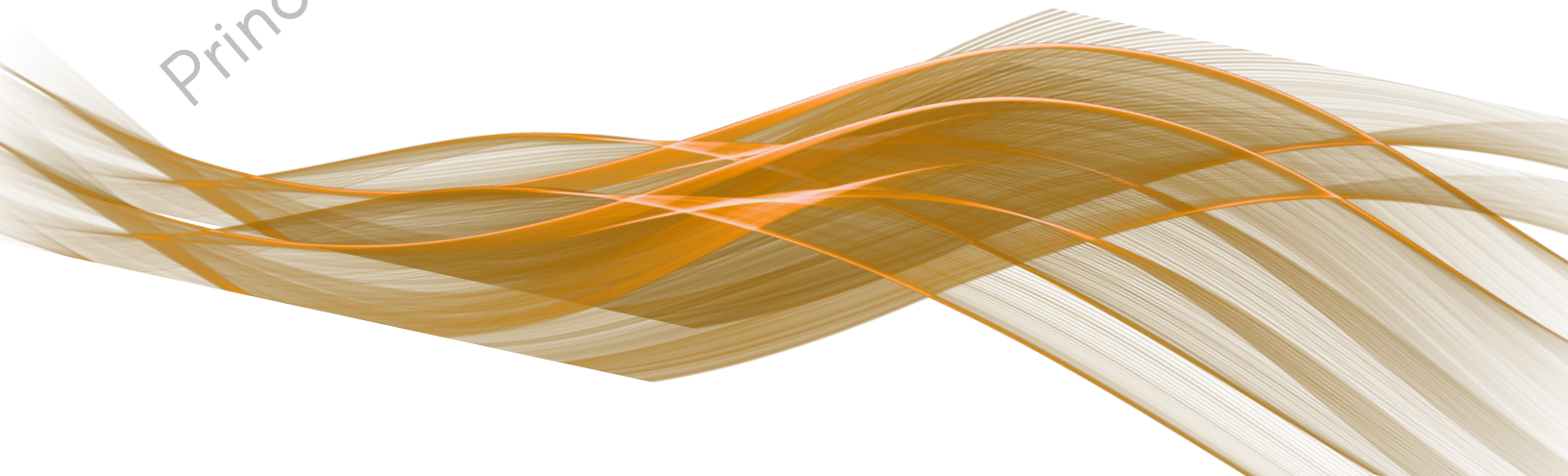
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Table of Contents: Q4 Lesson Series October, November, December 2025

How to Use This Plan.....	Page 3
Theological Definition.....	Page 4
October Lessons: Biblical Foundations for Cultivating Healthy Relationships.....	Page 6
November Lessons: Embracing God's Purpose for Living.....	Page 10
December Lessons: The Blessings of Victorious Living.....	Page 13



How to Use This Plan

The Prince George's Church of Christ 2025 Study Guide is a topical plan focused on releasing toxic people, situations, and behaviors to unlock our full potential for spiritual growth. While in this earth Jesus addressed the focus of our study in John 10:10 when he said, "The thief comes only to steal and to kill and destroy; I have come that they may have life and have it to the fullest."

Until the decision is made and acted upon to do the work of releasing spiritually unhealthy people, situations and even behaviors, abundant living will not likely be achieved.

How to Use This Plan

- **Weekly Study:** Each sub-topic can be explored weekly, providing a focused and in-depth study of each theme.
- **Reflection and Prayer:** Encourage personal reflection and prayer on how to apply each lesson in daily life to achieve spiritual growth and freedom.
- **Group Discussions:** These topics can be used for group Bible studies, discussions, or individual reflection, helping participants grow together.

This plan is designed to help you identify, release, and heal from toxic influences in your life, empowering you to reach your full potential in Christ.

Theological Definition: Releasing Toxic People, Situations, and Behaviors

Theologically, releasing toxic people, situations, and behaviors is viewed as an act of spiritual discernment and obedience to God's will, where individuals seek to align their lives with biblical principles of holiness, peace, and righteousness. This involves separating oneself from influences that lead away from God's purpose, hinder spiritual growth, or promote sinful behaviors. Theologically, this process includes seeking God's guidance in setting boundaries, embracing forgiveness, and pursuing relationships and habits that reflect Christ's love and lead to spiritual maturity and freedom in Christ.

Consequences on Releasing Toxic People, Situations, and Behaviors

Emotional Consequences

- **Chronic Stress and Anxiety:**
 - Remaining in toxic relationships or holding onto negative behaviors can lead to ongoing stress and anxiety, which can erode mental well-being over time.
- **Depression:**
 - The constant negativity and emotional abuse in toxic environments can contribute to feelings of hopelessness, sadness, and depression.
- **Low Self-Esteem:**
 - Toxic relationships often involve manipulation and criticism, which can diminish one's self-worth and confidence.
- **Emotional Instability:**
 - Constant exposure to toxic influences can lead to mood swings, irritability, and difficulty managing emotions.

Physical Consequences

- **Chronic Health Issues:**
 - Persistent stress from toxic relationships and behaviors can lead to physical health problems such as headaches, high blood pressure, heart disease, and weakened immune function.
- **Fatigue and Exhaustion:**
 - The emotional toll of toxic environments can manifest physically, leading to constant tiredness, lack of energy, and burnout.
- **Sleep Disorders:**
 - Anxiety and stress from toxic influences can disrupt sleep patterns, leading to insomnia or poor-quality sleep.
- **Increased Risk of Substance Abuse:**
 - Individuals may turn to alcohol, drugs, or other substances as a coping mechanism for the pain and stress caused by toxic influences.

Spiritual Consequences

- **Stagnation in Spiritual Growth:**
 - Toxic relationships and behaviors can hinder spiritual progress, making it difficult to grow in faith and understanding of God's will.
- **Distance from God:**
 - Engaging in or tolerating sinful behaviors and negative influences can create a barrier between an individual and their relationship with God.
- **Loss of Peace and Joy:**
 - Toxic influences can rob a person of the peace and joy that comes from a close walk with God, leading to spiritual dissatisfaction and unrest.
- **Guilt and Shame:**
 - Continued involvement in toxic behaviors can lead to feelings of guilt and shame, which can further distance a person from God's grace and forgiveness.

These consequences highlight the importance of addressing and letting go of toxic relationships, behaviors, and thinking patterns to preserve emotional, physical, and spiritual health.

OVERVIEW: Series 10 - October Lessons

Biblical Foundations for Cultivating Healthy Relationships

1. Rooted in Love - Key Verse: *"A new command I give you: Love one another. As I have loved you, so you must love one another."* (**John 13:34**). Healthy relationships begin with Christlike love selfless, unconditional, and enduring.

2. Built on Forgiveness - Key Verse: *"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."* (**Colossians 3:13**) Forgiveness heals wounds and restores relationships, reflecting God's forgiveness toward us.

3. Practiced in Humility - Key Verse: *"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."* (**Philippians 2:3**) Humility fosters respect, understanding, and harmony in relationships.

4. Guided by the Spirit - Key Verse: *"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control."* (**Galatians 5:22-23**) Healthy relationships grow when believers rely on the Holy Spirit to cultivate godly character.

5. Pursuing Peace and Unity - Key Verse: *"If it is possible, as far as it depends on you, live at peace with everyone."* (**Romans 12:18**) Striving for peace promotes reconciliation and strengthens bonds between individuals.



Practical Steps in Cultivating Healthy Relationships

Love Unconditionally: Reflect Christ's sacrificial love in every relationship.
(1 Corinthians 13:4-7).

Communicate Honestly: Speak the truth in love, fostering trust and understanding.
(Ephesians 4:15)

Set Healthy Boundaries: Protect your well-being and ensure relationships honor God.
(Proverbs 4:23)

Serve Others: Look for ways to bless and support those around you.
(Galatians 5:13)

Pray for Relationships: Lift up your relationships in prayer, seeking God's guidance and blessing. **(Philippians 4:6)**





October Lessons: Cultivating Healthy Relationships Key Scripture: Proverbs 27:17

Choosing Godly Relationships

Proverbs 27:17

Building relationships that encourage and uplift you spiritually.

The Power of Community

Hebrews 10:24-25

The importance of fellowship and encouraging one another.

Godly Friendship

Ecclesiastes 4:9-12

The strength and support found in true, godly friendships.

Setting Relationship Goals

Habakkuk 2:1-3

Establishing goals for your relationships that align with God's will.





October Lesson Notes

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Series Eleven - November Lessons

Biblical Declaration: Embracing God's Purpose for Living

"I embrace God's purpose for my life, trusting in His perfect plan and infinite wisdom. I will live intentionally, seeking His kingdom first and walking in obedience to His Word. In fulfilling His purpose, I will experience His peace, joy, and abundant blessings, bringing glory to His name and advancing His kingdom on earth."

Biblical Foundations for Embracing God's Purpose

1. We Are Created for God's Glory - Key Verse: "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." (**Ephesians 2:10**) Living in God's purpose allows us to fulfill the unique work He has planned for us.

2. God's Purpose Gives Direction - Key Verse: "In their hearts humans plan their course, but the Lord establishes their steps." (**Proverbs 16:9**). Embracing God's purpose provides clarity and guidance in life's journey.

3. God's Purpose Brings Fulfillment - Key Verse: "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." (**John 10:10**) Walking in God's purpose leads to a life of meaning, abundance, and eternal significance.

4. God's Purpose Brings Peace and Confidence - Key Verse: "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." (**Romans 8:28**)

5. God's Purpose Glorifies Him - Key Verse: "So whether you eat or drink or whatever you do, do it all for the glory of God." (**1 Corinthians 10:31**). Living in alignment with God's purpose brings Him glory and reveals His character to the world.



Series Eleven - November Lessons

Embracing God's Purpose for Living ~ Cont.

Benefits of Embracing God's Purpose

Spiritual Growth: Walking in God's purpose draws us closer to Him, refining our character and deepening our faith (**Philippians 1:6**).

Fulfillment: Purposeful living replaces emptiness and dissatisfaction with joy and contentment (**Psalms 37:4**).

Impact: Aligning with God's purpose empowers us to make a difference for His kingdom (**Matthew 5:16**).

Peace: Trusting in God's plan removes worry and anxiety, offering peace that surpasses understanding (**Philippians 4:7**).

Eternal Reward: Living for God's purpose ensures treasures in heaven and eternal joy (**Matthew 6:20**).

Series Eleven - November Lessons

Embracing God's Purpose

Key Scripture: Jeremiah 29:11

Discovering Your Purpose: Jeremiah 29:11 Understanding that God has a specific plan and purpose for your life.

Walking in Your Calling - Ephesians 2:10: Embracing the good works God has prepared for you..

Trusting God's Timing - Ecclesiastes 3:1: Believing that God's timing is perfect for every aspect of your life.

Fulfilling Your Potential: 2 Timothy 2:1-6 Taking practical steps to grow into the person God has called you to be.

November Lesson notes

Prince George's Church of Christ Education Dept



Series Twelve: December Lessons

The Blessings of Victorious Living

Victorious living is the abundant life God promises to those who walk in faith, obedience, and dependence on Him. Through Christ's victory over sin and death, believers are empowered to overcome challenges, live in freedom, and experience the fullness of God's blessings. Victorious living reflects God's glory, strengthens faith, and serves as a testimony to His power.

1) The Foundation of Victorious Living

a. Victory Through Christ - Key Verse: *"But thanks be to God! He gives us the victory through our Lord Jesus Christ."* (1 Corinthians 15:57). Christ's victory over sin and death is the foundation for living a victorious life.

b. Empowered by the Holy Spirit - Key Verse: *"You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."* (1 John 4:4). The Holy Spirit empowers believers to overcome challenges and live victoriously.



Series Twelve: December Lessons

The Blessings of Victorious Living ~ Cont.

2) The Blessings of Victorious Living

a. Freedom from Sin - Key Verse: *"For sin shall no longer be your master, because you are not under the law, but under grace."* (**Romans 6:14**). Victorious living frees believers from the power and penalty of sin, enabling them to walk in righteousness.

b. Peace and Joy - Key Verse: *"The Lord gives strength to His people; the Lord blesses His people with peace."* (**Psalms 29:11**). Victorious living brings inner peace and lasting joy, regardless of circumstances.

c. Confidence in Trials - Key Verse: *"In all these things we are more than conquerors through Him who loved us."* (**Romans 8:37**). Believers can face trials with confidence, knowing that God works all things for their good.

d. Strength to Overcome Challenges - Key Verse: *"I can do all this through Him who gives me strength."* (**Philippians 4:13**). God provides the strength to overcome life's obstacles and live victoriously.

e. Purpose and Fulfillment - Key Verse: *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* (**Jeremiah 29:11**). Living victoriously aligns believers with God's purpose, bringing fulfillment and hope.

f. Eternal Rewards - Key Verse: *"To the one who is victorious, I will give the right to sit with me on my throne, just as I was victorious and sat down with my Father on His throne."* (**Revelation 3:21**). Victorious living ensures eternal rewards in heaven and fellowship with Christ.

Series Twelve: December Lessons

The Blessings of Victorious Living ~ Cont.

3) The Keys to Living Victoriously

a. Faith in God - Key Verse: *"This is the victory that has overcome the world, even our faith."* (1 John 5:4). Victorious living begins with unwavering faith in God's promises.

b. Obedience to God's Word - Key Verse: *"Blessed are those who hear the word of God and obey it."* (Luke 11:28). Walking in obedience to God's Word leads to blessings and victory.

c. Prayer and Dependence on God - Key Verse: *"The prayer of a righteous person is powerful and effective."* (James 5:16). Prayer invites God's power into our lives and strengthens our ability to live victoriously.

d. Overcoming Fear - Key Verse: *"For God has not given us a spirit of fear, but of power, love, and a sound mind."* (2 Timothy 1:7). Victorious living replaces fear with boldness and confidence in God's protection.

e. Perseverance - Key Verse: *"Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."* (James 1:12). Perseverance in faith leads to spiritual growth and ultimate victory.



Series Twelve: December Lessons
The Blessings of Victorious Living ~ Cont.

4) Living As a Test

a. Glorifying God

- Key Verse: *"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."* (**Matthew 5:16**). Victorious living serves as a witness to God's power and grace.

b. Encouraging Others

- Key Verse: *"But encourage one another daily, as long as it is called 'Today.'"* (**Hebrews 3:13**) Sharing stories of God's victories in our lives inspires and strengthens others in their faith.



Series Twelve: December Lessons

Living a Victorious Life

Key Scripture: Romans 8:37

a. Victory in Christ - Romans 8:37

Embracing the victory that comes through Jesus Christ in all areas of life.

b. Overcoming Obstacles - 1 John 5:4

Understanding that faith is the victory that overcomes the world.

c. Living as More Than Conquerors - Romans 8:31-39

Believing that nothing can separate you from God's love.

d. Walking in Daily Victory - Ephesians 5:15-16

Practical steps to live a life of victory and overcome challenges with God's strength.

HAVE A BLESSED AND HOLIDAY SEASON AND HAPPY NEW YEAR!



DECEMBER LESSON NOTES

