



# Thanksgiving RULES:

1.

Don't go into debt trying to show people how much you love them.

2.

Don't go visit your family if it compromises your mental health.

3.

If someone comments on your weight... eat them.



Edward Church

November 20, 2022

# Dealing with TOXIC

Pt 1



**It's that Time of the Year**

**The Holidays Are Filled with Family**

**Fun**

**Meals**

**Celebrations**

**Memories Made and Remembered**

**Also Opportunities to Be Exposed to ...**

**TOXIC**

# **Toxic Can Be an Attitude or Personality**

**Sometimes You Are**

- Confronted By Toxic Without**
- Confronted By Toxic Within**



**TOXIC  
PEOPLE**

AVOID ANY CONTACT - AVOID ANY CONTACT - AVOID ANY CONTACT

## Key Traits of a Toxic

- . **Negativity**
- . **Blaming others**
- . **Being critical and judgmental**
  - . **A lack of empathy**
  - . **A sense of entitlement**
  - . **Manipulativeness**
  - . **Exploiting Others**
- . **Difficulty regulating unwanted emotional states**
- . **Using guilt as "emotional blackmail" to get what they want**
  - . **Assuming the victim role**
  - . **Being passive-aggressive**
    - . **Hostility**
  - . **Being untrustworthy.**



**Does Any of These...**

**Sound Familiar?**

**Remind You of Someone?**

**Ever See Any of These in Mirror?**

**How Do You Handle These People?**

**How Do You Deal w- Attitudes?**

**Especially When You Can't Walk Away**

**Does the Bible Teach Us How To**

**Handle these Kind of People?**





## **Romans 12:17-21 (NLT2)**

**17** Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.

**18** Do all that you can to live in peace with everyone.

**19** Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, “I will take revenge; I will pay them back,” says the LORD.

**20** Instead, “If your enemies are hungry, feed them. If they are thirsty, give them something to drink. In doing this, you will heap burning coals of shame on their heads.”

**21** Don't let evil conquer you, but conquer evil by doing good.  
get the best of evil by doing good.

## **Romans 12:17-21 (MSG)**

**17 Don't hit back; discover beauty in everyone.**

**18 If you've got it in you, get along with everybody.**

**19 Don't insist on getting even; that's not for you to do.**

**"I'll do the judging," says God. "I'll take care of it."**

**20 Our Scriptures tell us that if you see your enemy hungry, go buy that person lunch, or if he's thirsty, get him a drink. Your generosity will surprise him with goodness.**

**21 Don't let evil get the best of you;  
get the best of evil by doing good.**



**Don't Take the Bait! (17)**

YOU JUST COULDN'T HELP  
YOURSELF COULD YOU?



(17) Don't Take the Bait

**YOU JUST COULDN'T HELP  
YOURSELF COULD YOU?**

Do Not Let Ourselves Be Contaminated With Their Toxic Emotions By Replicating Their Actions Against Them.

- If we let the actions or attitudes of the other generate in us the same negative responses, we are giving that person a power that they should not have.
- The power to transform us into what that person is.
- We are letting ourselves be overcome by evil, and we ourselves are becoming part of the problem.

**(17) Don't Take the Bait**

**LOVE**

**YOUR ENEMIES**

**DO GOOD**

**TO THOSE WHO HATE YOU**

**BLESS**

**THOSE WHO CURSE YOU**

**PRAY FOR**

**THOSE WHO MISTREAT YOU.**

**JESUS**

Don't BE Overwhelmed By Negative...  
...Overwhelm the Negative w- Positive (19-21)

**DO GOOD**

**TO THOSE WHO HATE YOU**

**BLESS**

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**JESUS**

# Don't BE Overwhelmed By Negative...

## ...Overwhelm the Negative w- Positive (19-21)

### Choosing a Better Path Than Paying Them Back.

- It is overcoming evil with good.
- We can choose the path of freedom.
- The way of forgiveness, the way of healing.
- Giving a positive response to a negative stimulus will always be more difficult, but you will be taking care of your mind and soul.
- You will be doing what is best for yourself and for each other.
- **Overcome Evil With Good**
- **Heaps Fires of Coals On Head**





## WHAT DO BOUNDARIES LOOK LIKE?

Personal space - if you don't want to be touched or hugged, then you shouldn't!

Determining how much of your personal life is available to each person.

Not letting people take advantage of you.

Understanding what you want and need.

Treating people's opinions with dignity rather than dismissal.

Leaving at the time you said you plan to leave (respecting your time commitments).

If something or someone makes you feel uncomfortable, let them know or remove yourself from the situation.

# Do Build Bridges w- Proper Boundaries (18)

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# Do Build Bridges w- Proper Boundaries (18)

## Set Proper Boundaries or Limits in Your Relationships

### No Boundaries = No Bridges

- When Dealing w- Toxic, it is Necessary to Set Boundaries
- For Our Own Good and Theirs...
  - Boundaries Keep Us...
    - Safe
    - Secure
    - Strong
    - Sane!

# Do Build Bridges w- Proper Boundaries (18)

- **Boundaries Should Be Decided Between You and God**
- **They Should Be Exposed Only When You Feel Their Challenged**

**Not because we hate that person or because we want to repay them the same way, but because we must be wise in our actions and guard ourselves against being exposed to situations in which others hurt us.**

**PRAY FOR  
THOSE WHO MISTREAT YOU.**

**JESUS**

**DO NOT BE OVERCOME BY EVIL,  
BUT OVERCOME EVIL WITH  
GOOD.**

**GOOD**

**ROMANS 12:21**

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Remember  
It is Temporary!!

EVIL,

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GOOD.

**GOOD**

ROMANS 12:21

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EVIL,

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# Remember It is Temporary!!

- Don't Take the Bait
- Pour Out Positive
- Set and Keep Boundaries

**Remember Your Family...**

**...Is Not the Manson Family!!**

**...or the Addams Family!!**

ROMANS 12:21