

Encounter Church  
Sunday August 20, 2023

Poison Control - Overcoming Toxic Relationships

It feels a bit uncomfortable to talk about this today but we need to.

1 Corinthians 15:33- "Do not be deceived: "Bad company ruins good morals."

***Do you mean that who I keep company with can have a positive or negative influence on my life?***

deceived- "dolióō ( "bait") – properly, to lure, using bait to pull someone in; to deceive, preying on people. (They are "easy prey" to ensnare.)

WHAT? Could it be our enemy, Satan, wants to plant an unhealthy relationship in my life to ensnare me, trap me, because he knows those close to me influence my life.

**SHOW ME YOUR INNER CIRCLE AND I'LL SHOW YOU YOUR FUTURE!**

Proverbs 13:20- "Walk with the wise and become wise; associate with fools and get in trouble."

(TPT)- "If you want to grow in wisdom, spend time with the wise. Walk with the wicked and you'll eventually become just like them."

(MSG)- "Become wise by walking with the wise; hang out with fools and watch your life fall to pieces."

***Most often our relationships have more influence on us than what we realize!***

**NOT EVERYBODY IS SUPPOSED TO BE A CLOSE FRIEND WITH YOU!**

Ezra 4:1-5- "The enemies of Judah and Benjamin heard that the exiles were rebuilding a Temple to the Lord, the God of Israel. So they approached Zerubbabel and the other leaders and said, "Let us build with you, for we worship your God just as you do. We have sacrificed to him ever since King Esarhaddon of Assyria brought us here." But Zerubbabel, Jeshua, and the other leaders of Israel replied, "You may have no part in this work. We alone will build the Temple for the Lord, the God of Israel, just as King Cyrus of Persia commanded us.

Then the local residents tried to discourage and frighten the people of Judah to keep them from their work. They bribed agents to work against them and to frustrate their plans."

***Who someone is when you don't give them what they want is who they are when you give them what they want, it just takes longer to be revealed!***

## **NOT EVERYBODY IS SUPPOSED TO BUILD WITH YOU!**

***I'm not talking about a difficult or a person that's different. I'm talking about a toxic person.***

WHAT DOES A TOXIC PERSON LOOK LIKE.

### **1. They are habitually negative.**

Everything that say is negative negative negative! Never anything positive and good!

2 Timothy 2:16-17- "Avoid worthless, foolish talk that only leads to more godless behavior. This kind of talk spreads like cancer, as in the case of Hymenaeus and Philetus."

***Negativity is the only cancer that spreads by contact!***

***"A person with a negative self-image will expect the worst, damage relationships, and find others who are similarly negative."- John Maxwell***

***The habitually negative person will be a negative influence on your life.***

### **2. They are overly controlling.**

***They want to control everything and everyone around them and that includes you!***

They ***manipulate*** to get what they want.

They ***intimidate*** to get what they want.

They ***dominate*** to get what they want.

### **3. They are lovingly abusive with their words.**

They say they love you but their words toward you and others are hateful, demeaning, destructive, harsh. ***Don't open yourself up to abuse friend!***

***They're always tearing you down instead of building you up!***

SO HOW DO WE OVERCOME TOXIC RELATIONSHIPS?

### **1. Treat them as you want to be treated.**

Luke 6:31- "Do to others as you would like them to do to you."

NOT AS THEY'VE DONE TO YOU!

Luke 6:37- "Do not judge others, and you will not be judged. Do not condemn others, or it will all come back against you. Forgive others, and you will be forgiven."

*If you react to toxic with toxic you're toxic and need health and healing!*

1 Corinthians 14:1 - "Let love be your highest goal!...."

## **2. Establish healthy boundaries.**

Matthew 16:23- "Jesus turned to Peter and said, "Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of view, not from God's."

*Toxic people don't like boundaries because they can't treat you like they did when you didn't have boundaries!*

## **3. Cut off the toxic relationship.**

*Jesus was willing to walk away and also let others walk away!*

2 Corinthians 6:14-16- "Don't team up with those who are unbelievers. How can righteousness be a partner with wickedness? How can light live with darkness? What harmony can there be between Christ and the devil? How can a believer be a partner with an unbeliever? And what union can there be between God's temple and idols? For we are the temple of the living God. As God said: "I will live in them and walk among them. I will be their God, and they will be my people."

## **4. Initiate healthy relationships.**

Hebrews 10:25- "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near."

Colossians 3:8-9- "But now is the time to get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other, for you have stripped off your old sinful nature and all its wicked deeds."

THIS IS THE WAY YOU LIVED BEFORE YOU MET JESUS CHRIST!

BUT NOW!

Colossians 3:10-15- "Put on your new nature, and be renewed as you learn to know your Creator and become like him. In this new life, it doesn't matter if you are a Jew or a Gentile, circumcised or uncircumcised, barbaric, uncivilized, slave, or free. Christ is all that matters, and he lives in all of us. Since God chose you to be the holy people he

loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful."

**CONCLUSION:** The most important relationship you will ever have with your Heavenly Father through his son Jesus Christ. It's the most healthy relationship you'll ever experience!

What is the Holy Spirit saying to you through this message?