



“TOXIC” What Jesus Says About It

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Objectives

1. Increase awareness of the connection between childhood trauma and current relationships
2. Demonstrate a new thought process around toxic relationships
3. Explore what Jesus says about toxic relationships

Agenda

- ▶ What highly dysfunctional and addicted families don't do well and how it leads to codependency or toxic
- ▶ Toxic relationships are about mental and emotional health... "when sick meets sick"
- ▶ What Jesus says about it all

What Highly Dysfunctional and Addicted Families

do not do well...

1. Feelings
2. Truth
3. Vulnerability
4. Responsibility

One things leads to another...

NOT ALLOWED

Feelings

Truth

Vulnerability

Responsibility

LEADS TO

Lies

Co-dependency

Enabling

Cover-ups

Control issues

Rationalization

Justification

Projection

Emotional

Dysregulation

How to Recognize Toxic

... and behavior we often allow from others as Christians

Codependency- a pattern of pervasive and debilitating behavior in which we put another person's comfort over our own well-being.

- ▶ You sacrifice yourself (to a fault) for the other person
- ▶ You are constantly the one giving, yet **it is never enough**
- ▶ The behavior is impulsive, explosive and with the intent to control you
- ▶ They use **lies** and **untruths** to keep you engaged
- ▶ **Everything is about them, self serving**
- ▶ They **never apologize** or take responsibility for their part
- ▶ They **manipulate** you using **guilt, anger, lies and blame**
- ▶ They “flood” the conversation with the past or irrelevant information

When “Sick” meets “Sick”



What Jesus says about TOXIC

- ▶ Unequally yoked with unbelievers, 1 Corinthians 7:15
- ▶ Psalm 26: 4-5 Jesus hates “habitual association” with evil doers, do not sit with false persons nor fellowship with pretenders.
- ▶ Psalm 27 2, 3, 5, 6, 10, 12, 13, 14 “Wait and hope for an expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for and hope for and expect the Lord. “ 14
- ▶ James 4: 1-5 What evil-doers look like

What Jesus says about TOXIC

▶ 2 Timothy 3: 1-5

But understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, **arrogant, abusive**, disobedient to their parents, **ungrateful**, unholy, **heartless, unappeasable, slanderous, without self control, brutal**, not loving of good, treacherous, **reckless**, swollen with **conceit**, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people.”

Also see 2 Timothy 1: 5-7 “For God didn’t give us a spirit of timidity but of power and of love and of calm and well-balanced mind and discipline and self-control”

▶ John 15: 1-4

I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away and every branch that does bear fruit he prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in me and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.

Also see this in Matthew 7: 16-20

In Conclusion

- ▶ Can you be saved and be toxic?
- ▶ Challenge yourself to an inventory of “self”.
- ▶ Get a therapist.
- ▶ We cannot demand of others what we aren't doing ourselves.
- ▶ You are an average of the five people you spend the most time with.
- ▶ Jesus is CLEAR about our “habitual association” with unbelievers and CLEAR about what to do.
- ▶ Address your trauma, the four things, so you can recognize toxic and then be able to do something about it!

JESUS LOVES YOU!

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