

SERMON NOTES

February 8 & 9, 2025

First Things First: Toxic People

1 Samuel 13:14b

A toxic person will...

1. _____.
a. _____ others and never _____ mistakes.
b. _____ the truth to stay in control.
c. Never _____ to wise counsel.
2. Be _____.
a. Be unable to _____ the success of others.
b. _____ if they are not the center of attention.
3. Always need _____.
a. _____ from anger, jealousy, fear, and insecurity.
b. Have angry _____ and create _____.

1 Samuel 13:11a-12

1 Samuel 18:7-8a

1 Samuel 18:15

A healthy person will...

1. Set _____ boundaries.
2. Stop _____ toxic people.
a. Realize no one can _____ or _____ toxic people.
3. Consider no _____.

Proverbs 4:23

Matthew 22:37-40

Build Healthy Relationships

Proverbs 27:17

1. Define _____ people.
2. Decide how I _____ in relationships.
3. Prioritize a relationship with _____.

Safe People & How I Function

Safe People: These are people who know all of me and see the whole picture of who I am. These people are the top voices who have permission to correct me and speak into my life. They see and hear all I feel. These are the people I am most real and raw with.

My People: These people align with my values and goals. They know and see a portion of the picture of who I am.

The People I Serve: These people need me to listen to them. They rarely need feedback and are not the group who hear any personal or professional struggles.

Life Steps

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Monday

1 Samuel 13:11b -12

Reflect: Even the healthiest relationships have healthy conflicts. Relationships with a toxic person are where unhealthy conflict resides. Have you ever experienced blame when you have done nothing wrong? On the flip side, do you find yourself blaming others for a problem that seems to flare up in multiple areas of your life? Who can you connect with to process what you find?

Prayer: God, give me wisdom in my relationships to know when I am responsible and to know when I am not. Amen

Tuesday

1 Samuel 18:7-8

Reflect: Jealousy is in all of us. When was the last time you felt jealous of someone else's success? Do you know why you felt jealous? How did you get past this?

Prayer: God, help me to always know my worth rests in You and not in the success or failures of others. Amen

Wednesday

1 Samuel 18:15

Reflect: Fear is sneaky. Sometimes we think we are protecting or defending something good when really it is a fear connected to our insecurities. Is there anything you are currently afraid of? What insecurity could it point to?

Prayer: God, reveal areas in my life where I may be reacting in fear and give me the courage to address it with Your help. Amen

Thursday

Matthew 22:37-40

Reflect: Good-hearted, well-intentioned Jesus followers struggle with setting boundaries or cutting ties with toxic people because of the Great Commandment. However, sometimes, the most loving thing you can do for another person is to set boundaries or cut ties. It gives them and you an opportunity for God to administer healing. Do you currently have a relationship where you are trying to "fix" another person? What would surrendering this relationship look like?

Prayer: God, help me know when to speak, when to pause, when to leave, and when to stay. Amen

Friday

Proverbs 4:23

Reflect: The phrase "follow your heart" can be toxic advice because our heart holds hurt from moments that only God can heal. Are you carrying a memory of a relationship that you need healing from? If not, do you know someone else you can send this prayer to?

Prayer: God, you care about my healing. Give me eyes to see where I need to set up boundaries, and give me the courage to do it. Amen

Saturday

Proverbs 27:17

Reflect: How can you start aligning your time to spend more moments with people who are becoming the kind of 'healthy' you want to become?

Prayer: God, send me burden bearers on my journey in growing closer to you. Help me know quickly who you have sent for my healing and who I need to serve as THEY heal. Amen

Sunday

1 Samuel 13:14b

Reflect: Prioritizing a relationship with Jesus will help make all other relationships make sense. How can you schedule your day so that you are spending time with Jesus before you spend time with anyone else?

Prayer: God, I want to be a person who is after Your own heart. Reveal places in me that are quick to anger, quick to envy, and easily defensive. Create in me a clean heart to do Your will. Amen