

How to Heal Toxic Relationships
It's Complicated
February 28, 2021

Romans 1:21-25 NLT

- Theme: We live surrounded by toxicity. This is a guide to bring some **HEALING** to our lives.
 - ✓ A **CITY** can become toxic
 - ✓ A **CULTURE** can become toxic
 - ✓ A **RELATIONSHIP** can become toxic
- From bitterness to **BLESSING** - Exodus 15:23-25
- The **MIRACLE** tree - Exodus 15:26
 - ✓ The tree of **HONOR** - 1 Peter 3:7 ESV
 - Honor is looking past a person to the **POSITION** they hold - 1 Peter 2:17
 - ✓ The tree of **TRUST**
 - Quote: “We judge ourselves by our **INTENTIONS** and everyone else by their behavior” - Steven Covey
 - Do I put **TRUST** in that gap or do I put suspicion in that gap?
 - You cannot be either gullible (trusting everyone) or distrusting (trusting no one but yourself.)
 - ✓ The tree of **LOYALTY** - Exodus 34:6-7 NET
 - Loyalty is about **COMPASSION**, grace and patience.
 - Loyalty is about faithfulness and **FORGIVENESS**.
- Luke 17:3-4 ESV

- Loyalty is about determined, obligated, fierce loyalty to a **COVENANT**.

Conclusion: What can I do to **HEAL** a toxic relationship?

1. Start to **HONOR** every difficult person.
2. Place **TRUST** in every gap instead of suspicion.
3. Ask God to give you compassion, patience and **LOYALTY** and forgiveness.