

July 31, 2016

## *Surviving the Summer*

*A series on surviving...and even thriving!*

*"I know how to survive..." Philippians 4:12a Voice*

### **"Surviving Unhealthy Relationships"**

*"Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."*

*Ephesians 4:32*

Quizzes on Healthy Relationships from:

loveisrespect.org "Are you in a healthy relationship?"

**"The Emotionally Destructive Relationship: Seeing It! Stopping It! Surviving It!"** By Leslie Vernick (Harvest House Publishers, 2007).

### **A. We need to identify those unhealthy relationships to defend ourselves...**

*"There is more hope for fools than for people who think they are wise." Proverbs 26:12*

Here are some cautions or signs to unhealthy or enmeshed relationships:

1. Do you close your eyes to irresponsible behavior?
2. Do you keep secrets or tolerate abuse?
3. Do you sacrifice to cover up someone else's mistakes?
4. Do you cater to a lazy person's whims?
5. Are you caving in to an angry person's demands?
6. Do you make excuses?
7. Do you justify behavior?
8. Do you accept the blame for something you never did?
9. Do you enable an addiction?
10. Do you lie to yourself or others?

*"Be on your guard; stand firm in the faith; be courageous; be strong." 1 Corinthians 16:11*

### **B. Unhealthy relationship can be toxic...**

*"Don't let evil conquer you, but conquer evil by doing good." Romans 12:21*

1. When relationships have constant strife and division, they can be toxic.

2. When relationships continue to remind you of your former life and want to hold you back, they can be toxic.
3. When relationships rob you of the power or control over your life or try to manipulate you, they can be toxic.
4. When you have to lose your identity to be in a relationship, it can be toxic.
5. When you have to compromise your character to be in a relationship, it can be toxic.
6. When there is an imbalance in the give and take in a relationship, it can be toxic.

*"To acquire wisdom is to love yourself; people who cherish understanding will prosper." Proverbs 19:9 NLT*

*"Love your neighbor as yourself." Matthew 19:19b NLT*

### **C. How should we handle toxic or unhealthy relationships?**

1. Identify relationships that are toxic.

*"Do not be misled: 'Bad company corrupts good character.'" 1 Corinthians 15:33*

*"Do not make friends with a hot-tempered person, do not associate with one easily angered," Proverbs 22:24*

2. Let God be God, it is not your responsibility to fix others, or for their success or failure.

*"He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more." John 15:2*

3. Be comfortable with criticism that may come your way as you will not please everyone.

*"There's trouble ahead when you live only for the approval of others, saying what flatters them, doing what indulges them. Popularity contests are not truth contests—look how many scoundrel preachers were approved by your ancestors! Your task is to be true, not popular." Luke 6:26 The Message*

4. Be careful to draw boundaries for yourself and others.

*"If people are causing divisions among you, give a first and second warning. After that, have nothing more to do with them." Titus 3:10*

5. Seek peace within those boundaries.

*"If it is possible, as far as it depends on you, live at peace with everyone." Romans 12:18 NIV*

### **D. Let love always be your guide, no matter what the circumstances, it will assist you in building healthy relationships...**

*"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." Colossians 3:12-13*

1. Love one another and show affection.
2. Treat one another with kindness and respect.
3. Show compassion to each other.
4. Walk in humility and be honest with one another.
5. Let gentleness be your guide.
6. Offer patience to those in your world, they may need to offer it to you.
7. Practice forbearance to others, you will need it in return.
8. Let forgiveness be a grace that is freely extended and build trust.

*"Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves." Philippians 2:3*

*"Most important of all, continue to show deep love for each other, for love covers a multitude of sins." 1 Peter 4:8*

Next week:

August 7 – Surviving Hurts from Others

*"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us." 2 Corinthians 1:3-4*