# WHEN THINGS CETTOXIC AT HOME

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### Ephesians 6:1-4

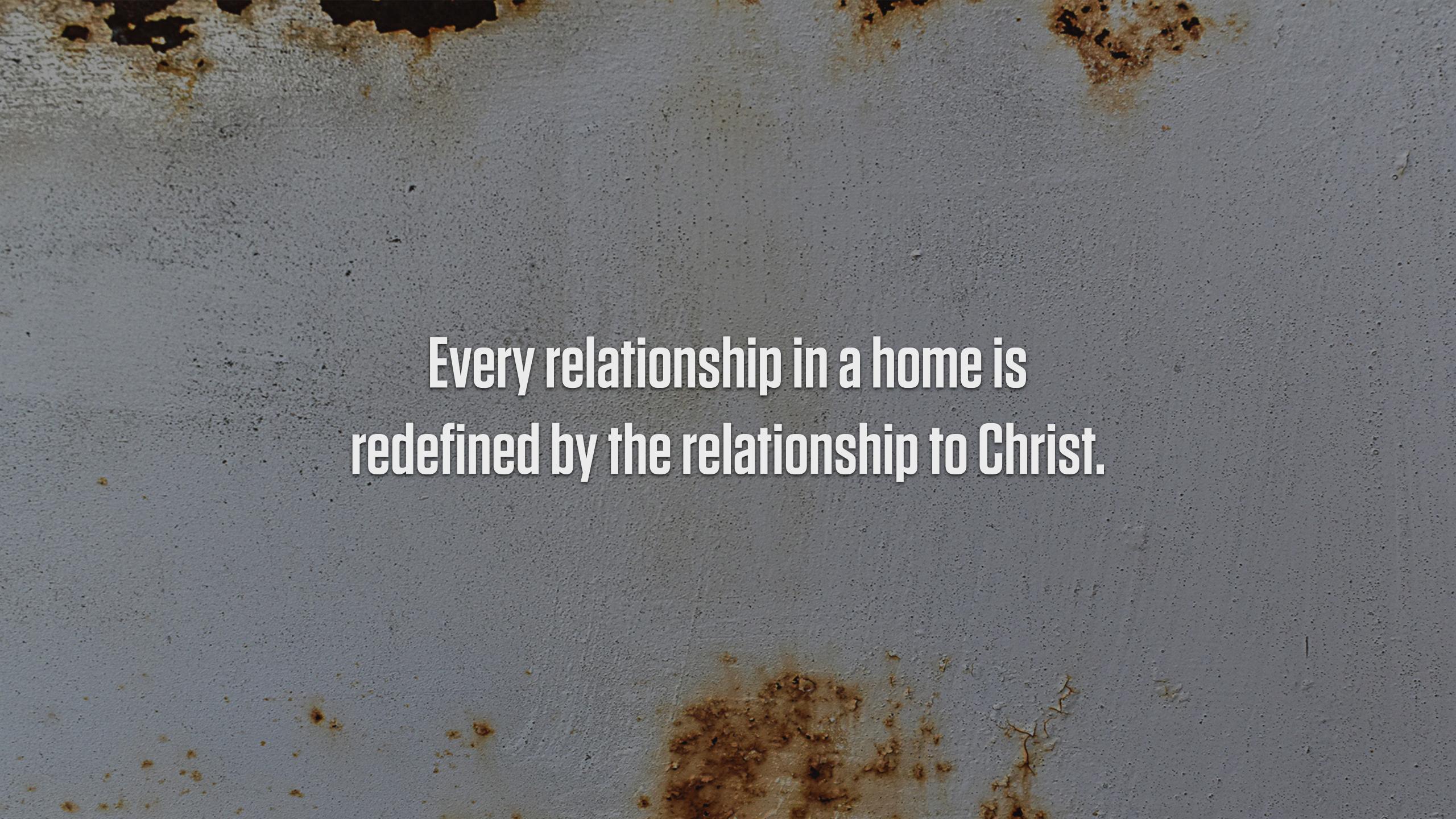
Children, obey your parents in the Lord, for this is right. "Honor your father and mother"—which is the first commandment with a promise—"so that it may go well with you and that you may enjoy long life on the earth." Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.



## Matthew 10:34-36

"Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn 'a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law—a man's enemies will be the members of his own household."





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- 1. Focus on children can become an idolatry of children or a wrongful indulging of them. Children are not the goal of life, but a context for living out life in Christ.
- 2. The family is the primary place for discipleship. Discipleship always begins with me. Parents discipline themselves first.
- 3. Sometimes honor may need to be reduced to honor for the office of parent rather than the person. Showing honor never requires that we distort the truth.



Truth #1: With difficult relationships we don't always walk away, we set boundaries.



# When we're dealing with toxicity, grieving is almost always better than fixing.



Truth #2: Toxic people are usually better at being toxic than we are at dealing with them.

#### John 8:48-50

The Jews answered him, "Aren't we right in saying that you are a Samaritan and demon-possessed?" "I am not possessed by a demon," said Jesus, "but I honor my Father and you dishonor me. I am not seeking glory for myself; but there is one who seeks it, and he is the judge.



Truth #3: Since our actions are all we can control, the best way to deal with toxic relatives is to make decisions as if they were healthy and wise in their thinking.



#### Psalm 28:7

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

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