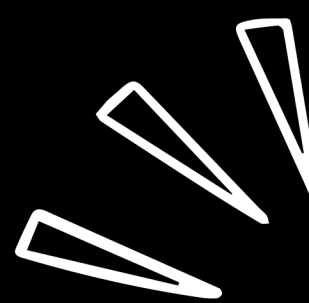


April Bible Study Series:
Resetting Relationships

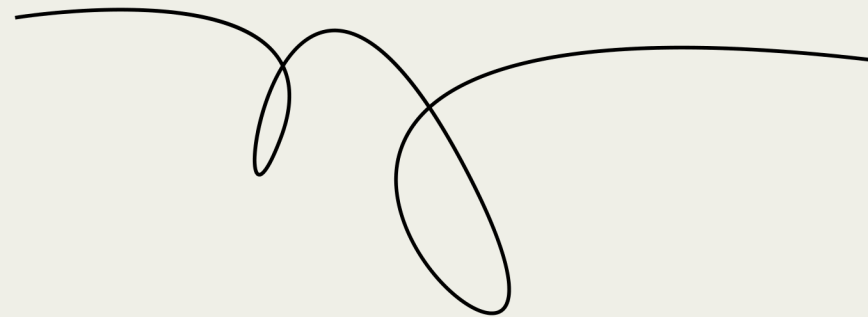


LESSON ONE: HOW TO DEAL WITH TOXIC PEOPLE

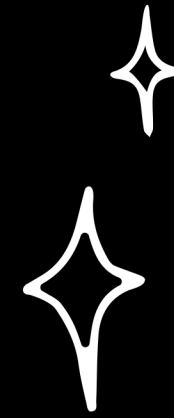


WHAT IS A TOXIC PERSON?

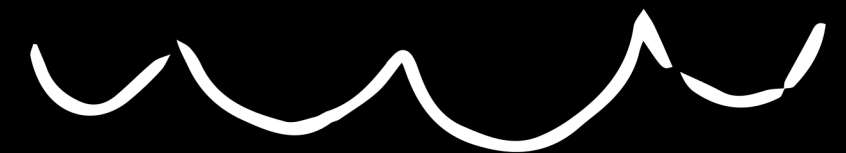
Toxic behavior definition refers to a person whose behavior and ongoing actions cause harm to other people by physical or mental means.

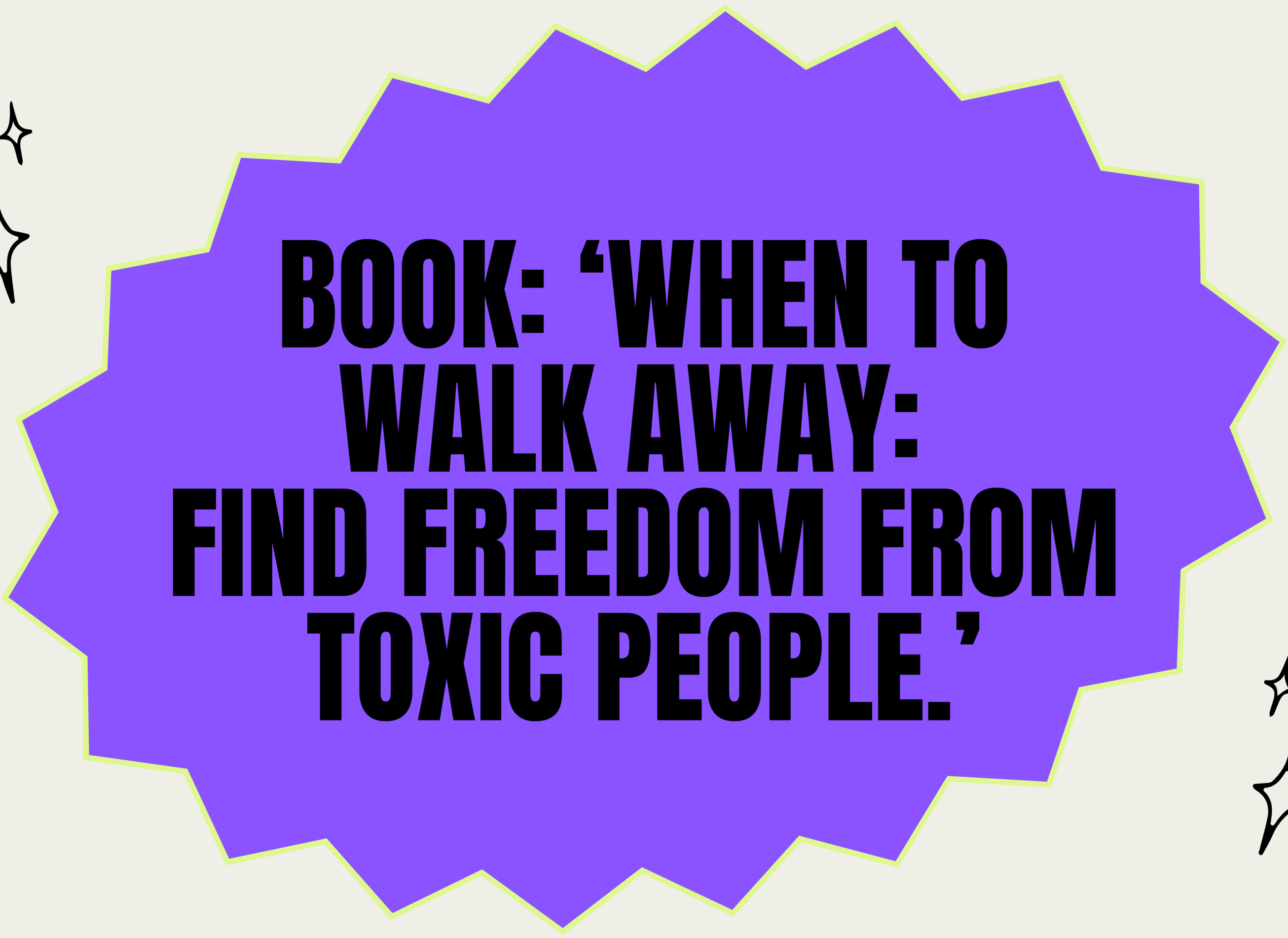


**GARY THOMAS IS A
CHRISTIAN AUTHOR,
PASTOR AND
INTERNATIONAL
SPEAKER**



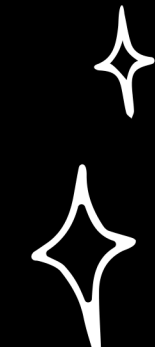
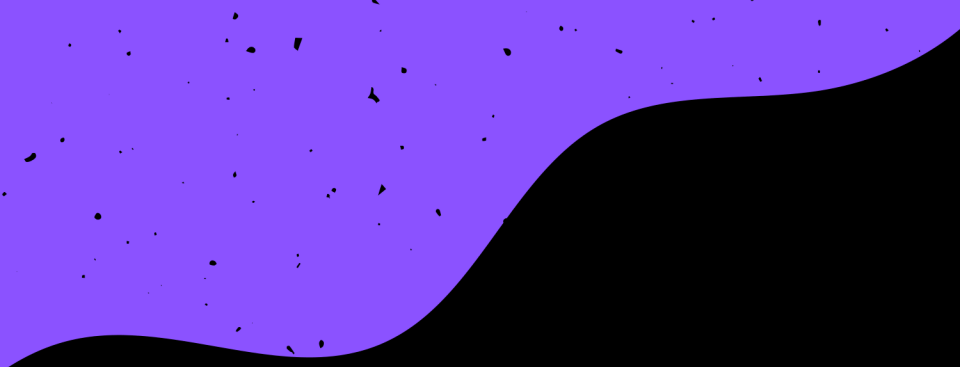
GARY THOMAS



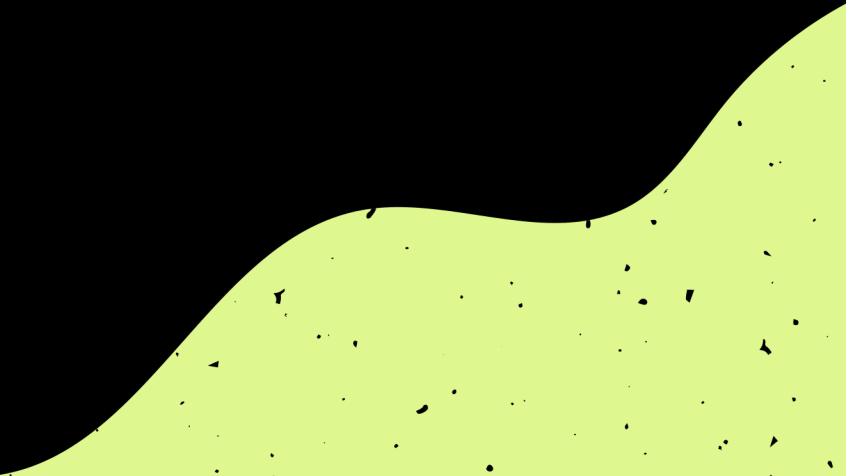
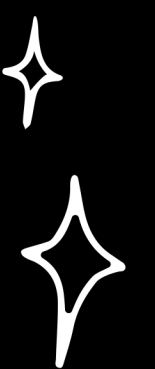


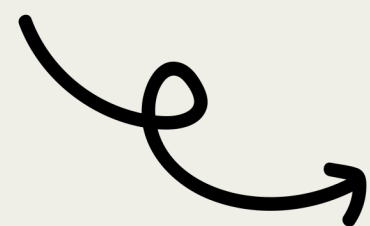
**BOOK: 'WHEN TO
WALK AWAY:
FIND FREEDOM FROM
TOXIC PEOPLE.'**





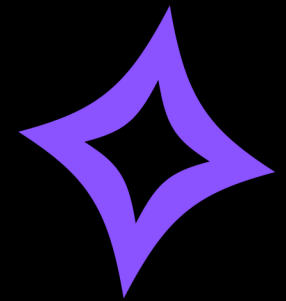
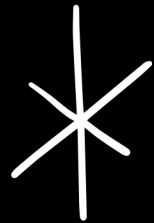
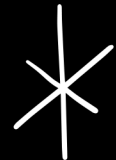
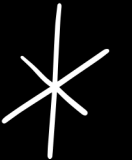
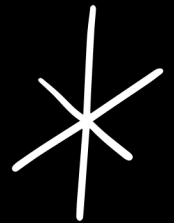
EIGHT COMMON SIGNS OF TOXIC PEOPLE:





**1. RULED BY
SELFISHNESS
AND SPITE.**

2. DRAINING INSTEAD OF ENCOURAGING.

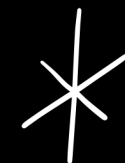
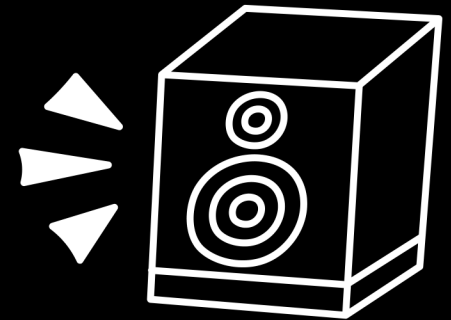
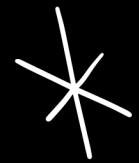
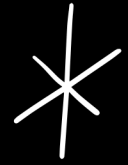
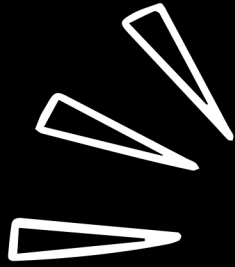




**3. USE PEOPLE
INSTEAD OF
LOVING THEM.**

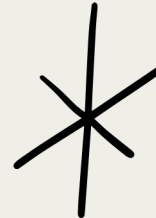
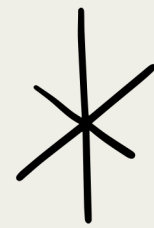


4. ADDICTED TO SELF- RIGHTEOUSNESS AND RASH JUDGMENTS.





**5. Fight With People Instead of
Enjoying and Appreciating them.**



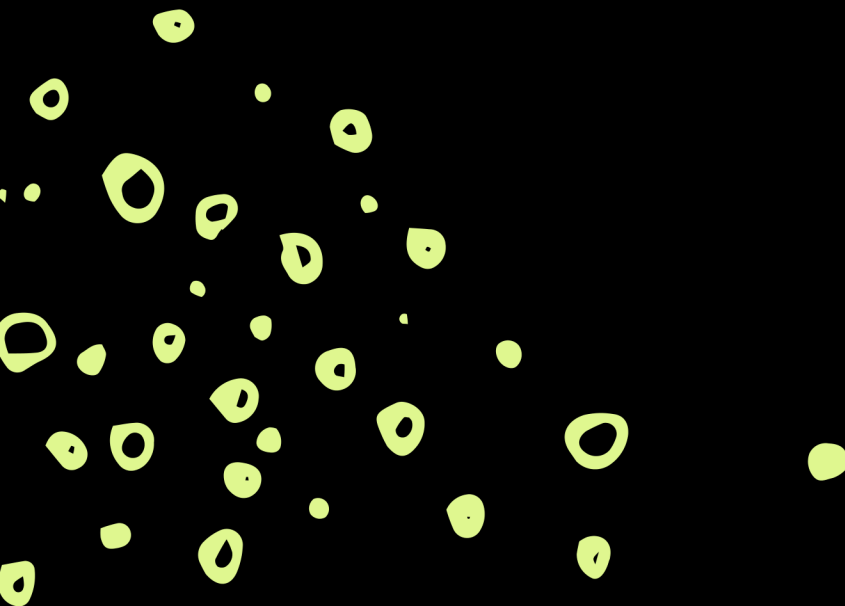
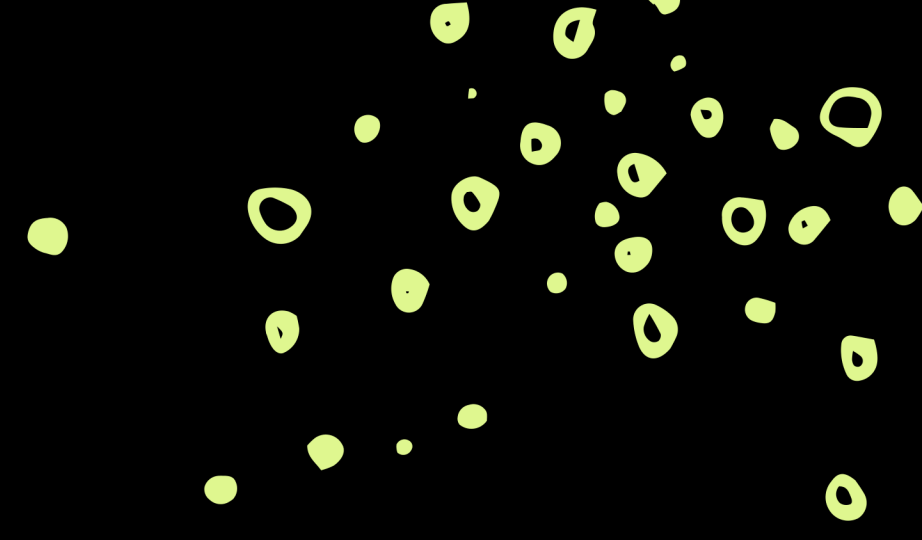
**6. Jealous of Healthy People's
Peace, Family and Friendships.**

A large, abstract, purple shape with irregular, organic edges, resembling a splash or a cloud, serves as a background for the text. It is positioned in the center of the frame against a light gray background.

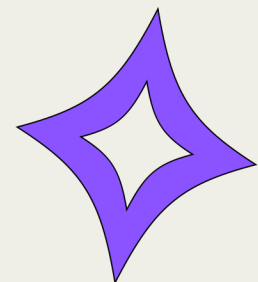
**7. SEEK TO BRING PEOPLE
DOWN TO THEIR LEVEL OF
MISERY RATHER THAN
BLESSING OTHERS.**



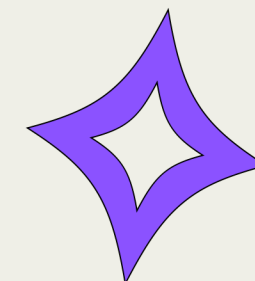
**8. THEY SEEK TO
CONTROL YOU.**



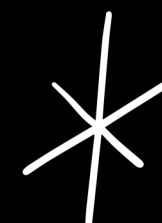
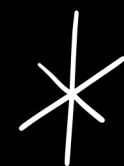
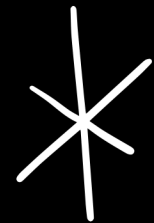
**A TOXIC PERSON
USUALLY EXCELS IN
AT LEAST ONE OF
THESE AREAS:**



1. A MURDEROUS SPIRIT.



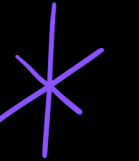
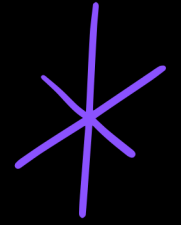
**2. A
CONTROLLING
NATURE.**



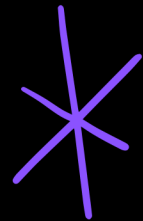


3. A HEART THAT LOVES HATE





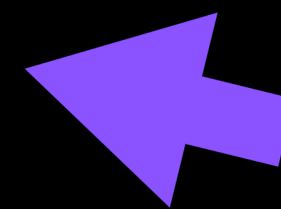
**WHAT "TOXIC"
DOESN'T MEAN:**

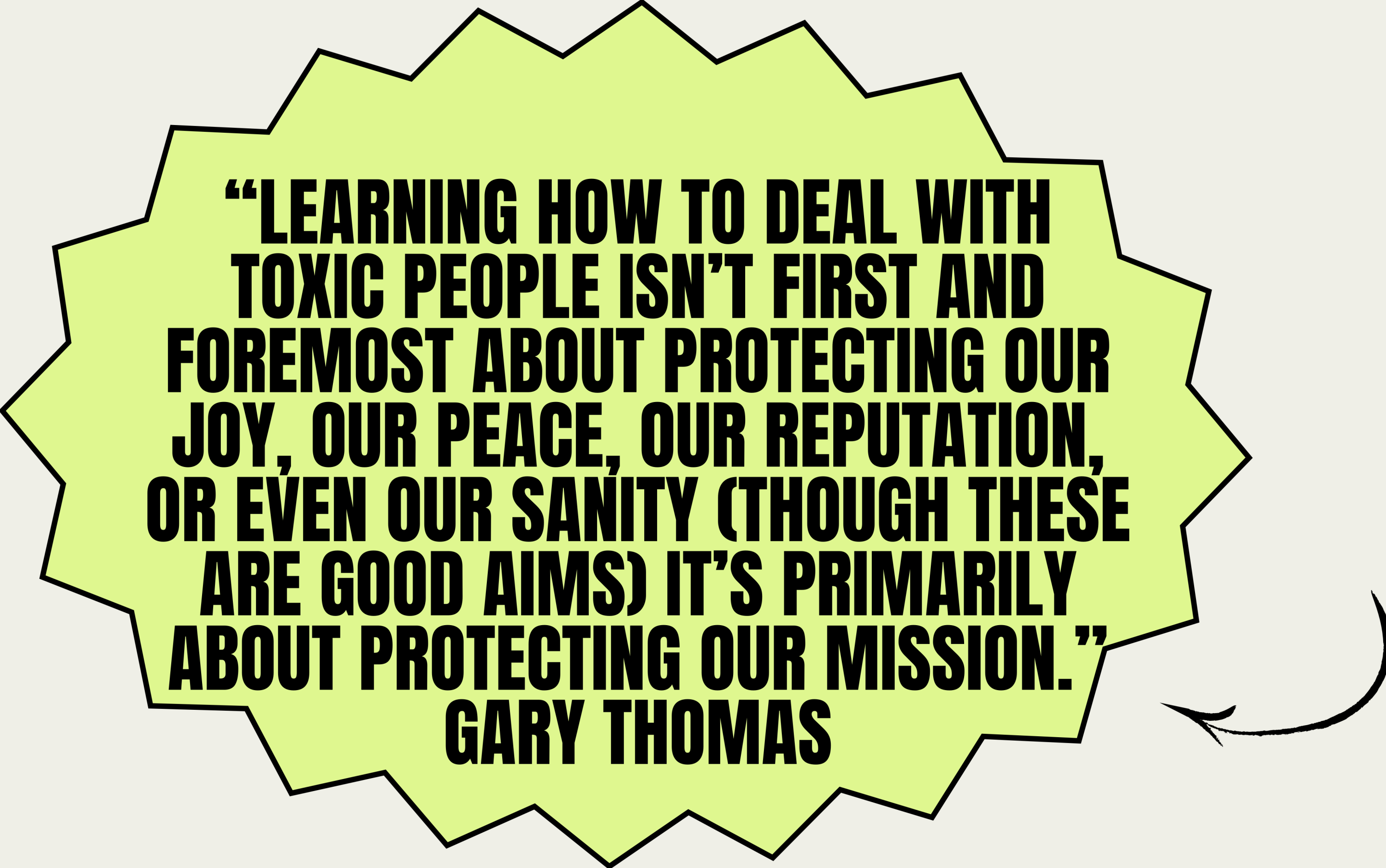


**SOMETIMES WE USE THE
LABEL “TOXIC” TOO
BROADLY. SOME PEOPLE
ARE JUST DIFFICULT OR
DIFFERENT, BUT NOT
NECESSARILY TOXIC.**



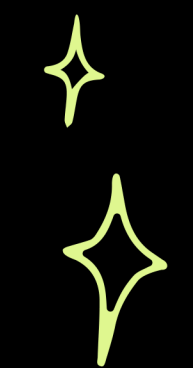
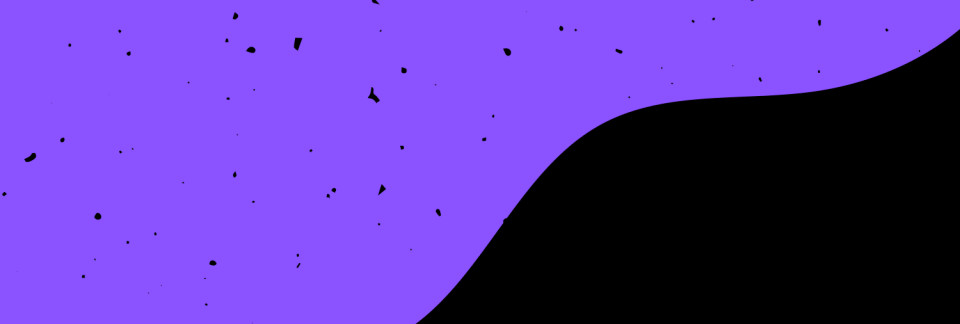
**WE MUST BE CAREFUL
THAT WE DON'T USE THE
TERM "TOXIC" AS AN
EXCUSE TO AVOID PEOPLE
WHO ARE HURTING.**



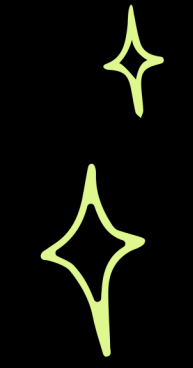


**“LEARNING HOW TO DEAL WITH
TOXIC PEOPLE ISN’T FIRST AND
FOREMOST ABOUT PROTECTING OUR
JOY, OUR PEACE, OUR REPUTATION,
OR EVEN OUR SANITY (THOUGH THESE
ARE GOOD AIMS) IT’S PRIMARILY
ABOUT PROTECTING OUR MISSION.”**

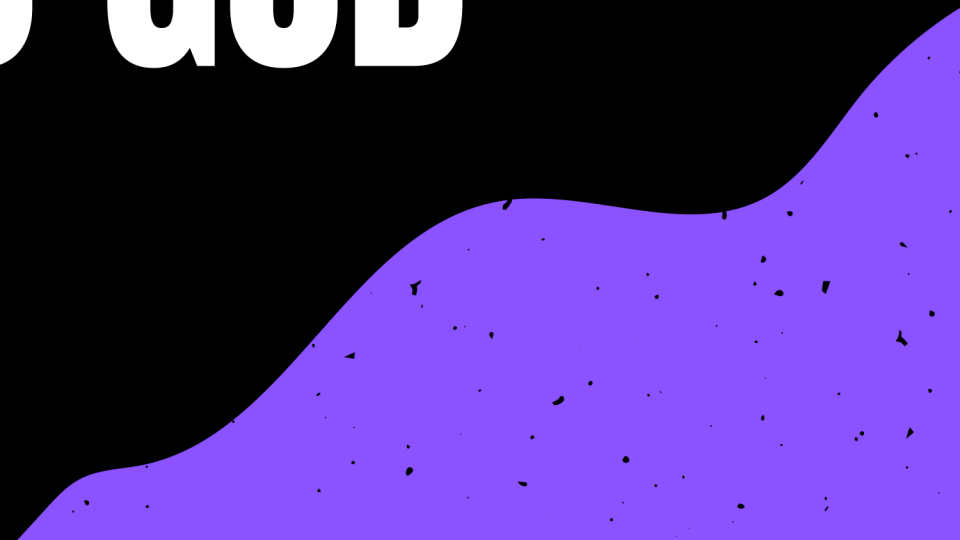
GARY THOMAS



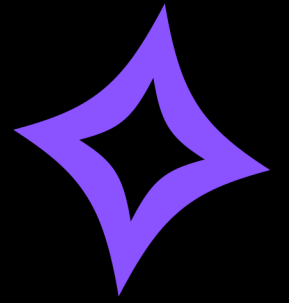
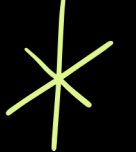
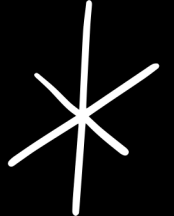
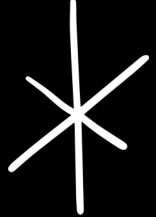
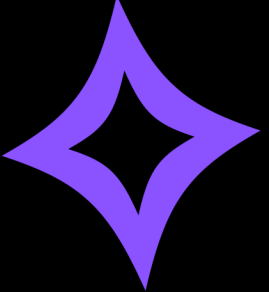
**THEREFORE, WE ARE
AMBASSADORS FOR CHRIST, GOD
MAKING HIS APPEAL THROUGH US.
WE IMPLORE YOU ON BEHALF OF
CHRIST, BE RECONCILED TO GOD**



II Corinthians 5:20



**WE SHOULD
EXPECT OUR
AUDIENCE,
THE WORLD,
TO BE TOXIC
SOMETIMES!**



And after sending away the crowds,
Jesus got into the boat and went to
the region of Magadan.

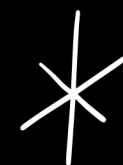
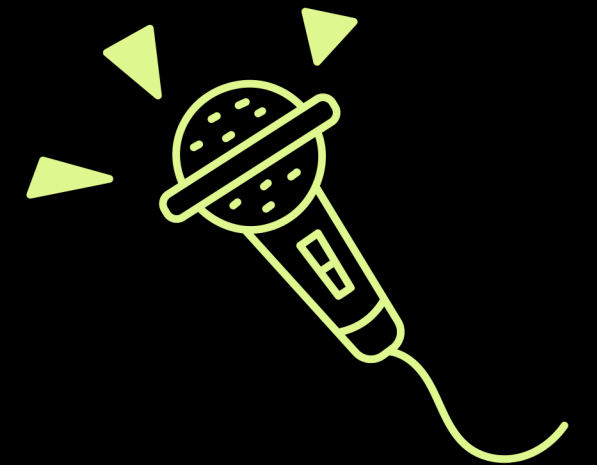
Matthew 15:39

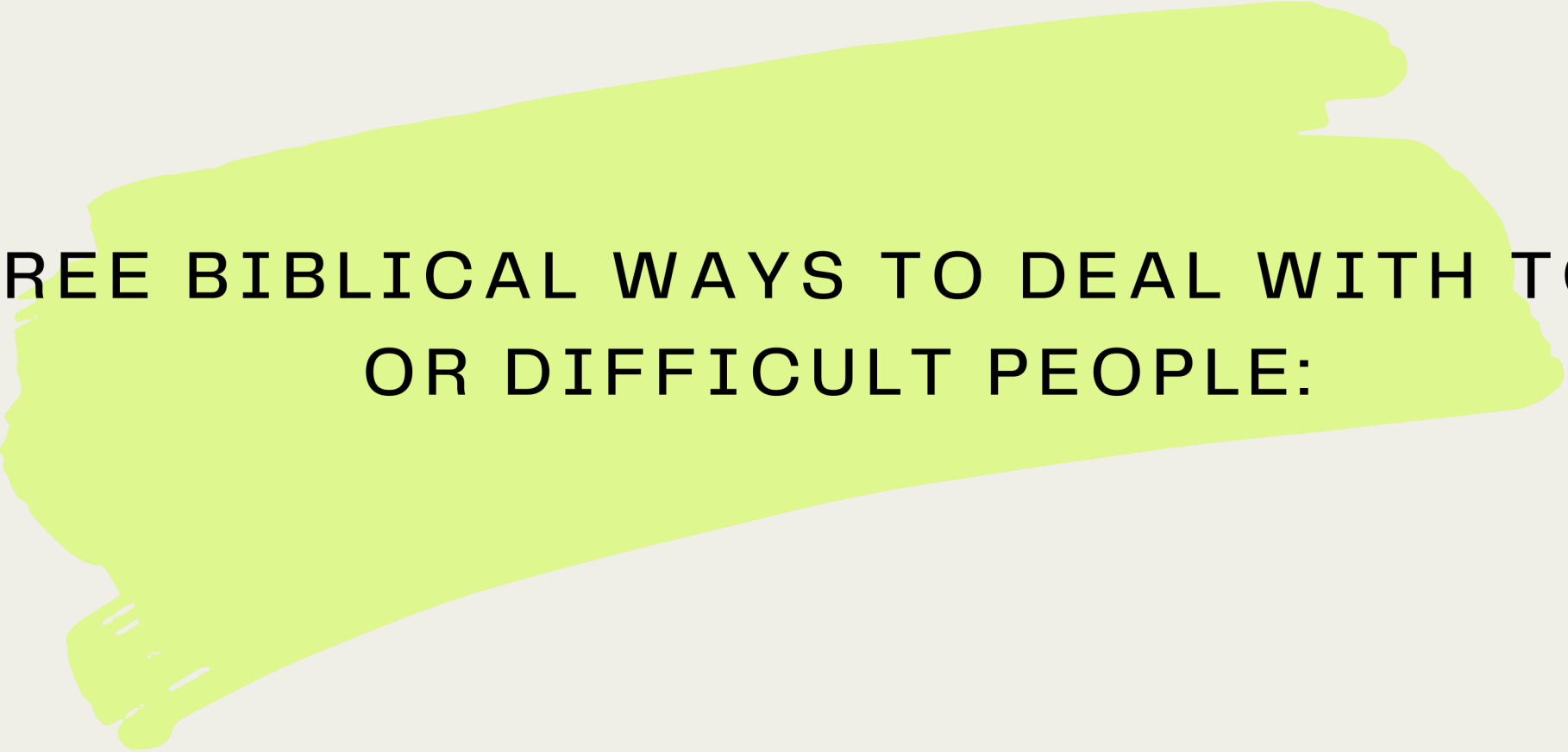


**“WHILE YOU CAN'T CONTROL
SOMEONE'S NEGATIVE BEHAVIOR,
YOU CAN CONTROL HOW LONG YOU
PARTICIPATE IN IT.”**



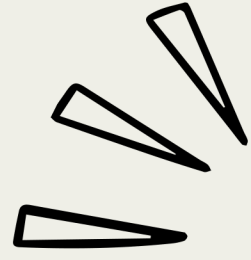
**“LETTING GO MEANS TO COME
TO THE REALIZATION THAT
SOME PEOPLE ARE A PART OF
YOUR HISTORY, BUT NOT A
PART OF YOUR DESTINY.”**



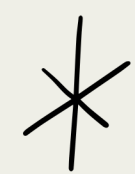
A light green brushstroke background, resembling a paintbrush stroke, with irregular, feathered edges. It is positioned horizontally in the center of the image.

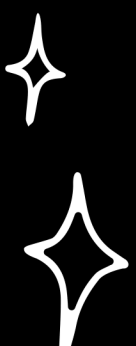
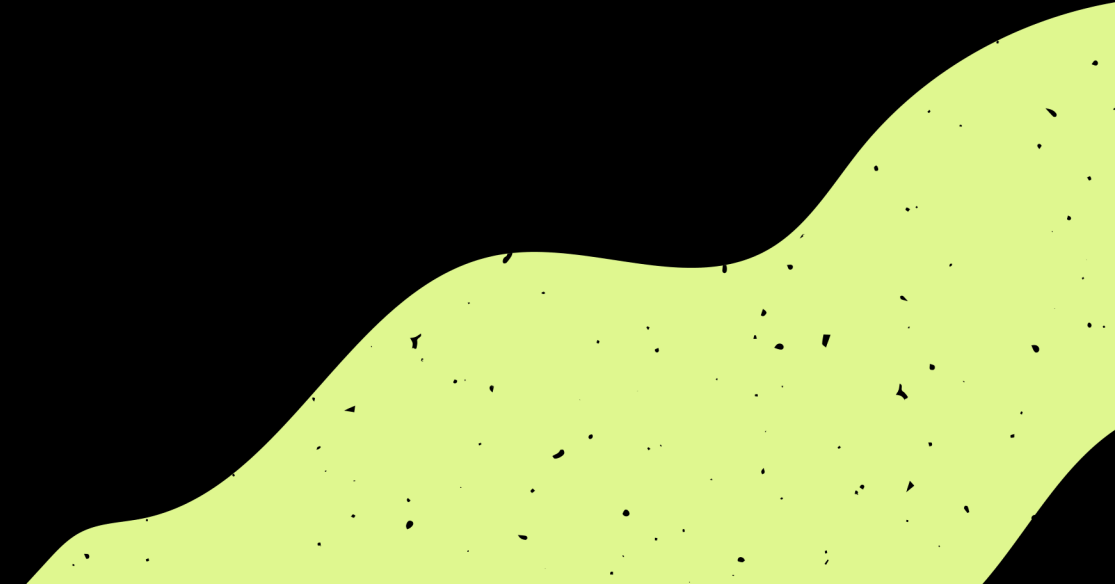
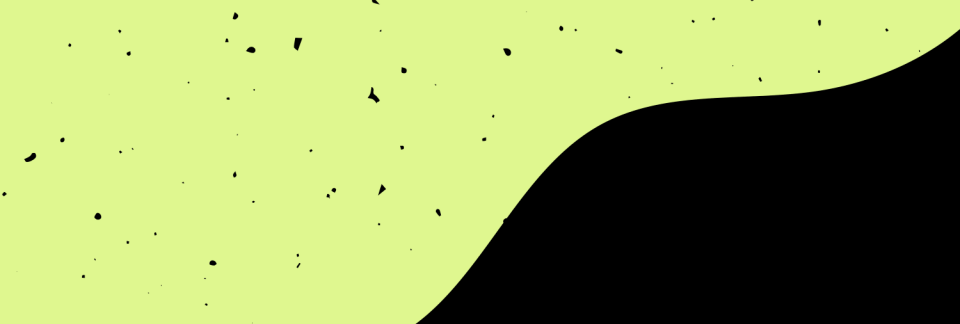
**THREE BIBLICAL WAYS TO DEAL WITH TOXIC
OR DIFFICULT PEOPLE:**

1. Look at them with the Eyes of Jesus. ✱



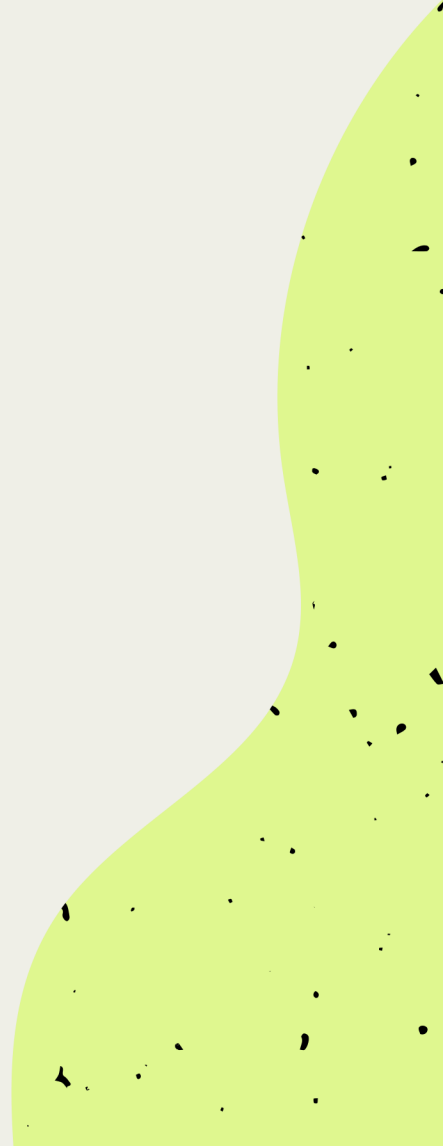
**2. OFFER THEM THE
OTHER CHEEK.**





You have heard that it was said, 'Eye for eye, and
tooth for tooth. But I tell you, do not resist an
evil person. If anyone slaps you on the right
cheek, turn to them the other cheek also. And if
anyone wants to sue you and take your shirt,
hand over your coat as well.

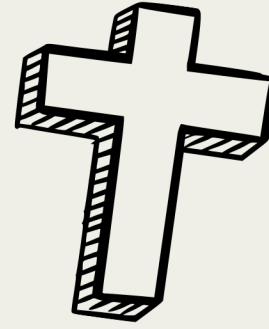
Matthew 5:38-40



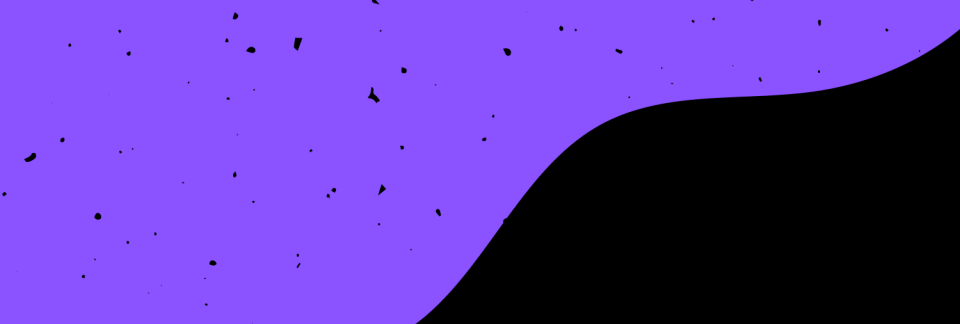
**A [“]SLAP IN THE FACE[”] IS A METAPHOR FOR
AN UNEXPECTED INSULT OR OFFENSE.**



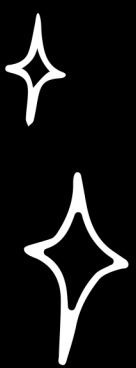
**HOW CAN A CHRISTIAN AVOID
BECOMING A DOORMAT FOR
OTHER PEOPLE?**



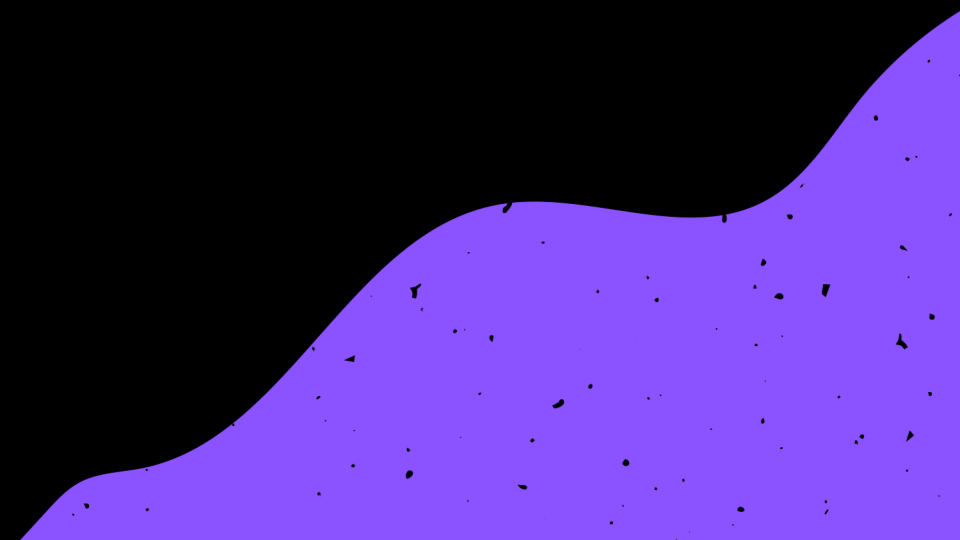
**FIGURATIVELY, THE TERM
DOORMAT FUNCTIONS AS A
DESCRIPTOR FOR PEOPLE WHO
ALLOW THEMSELVES TO BE
WALKED ON—TAKEN ADVANTAGE
OF OR USED BY OTHERS WITHOUT
COMBATING IT IN ANY WAY.**



The discretion of a man makes him slow to anger,
and his glory is to overlook a transgression.

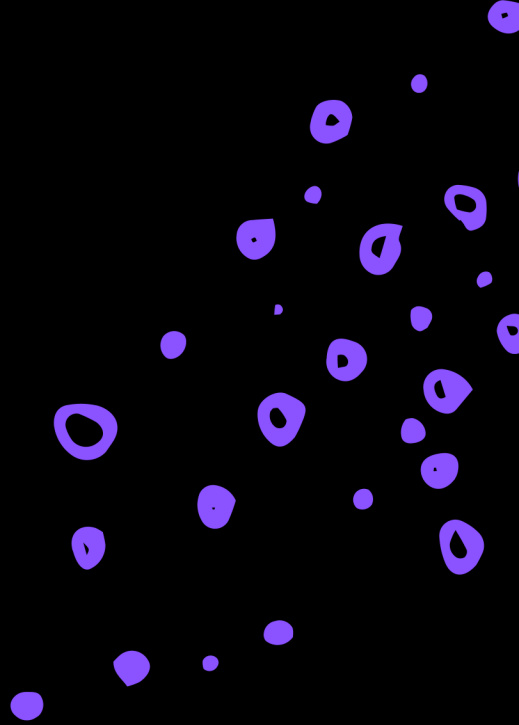
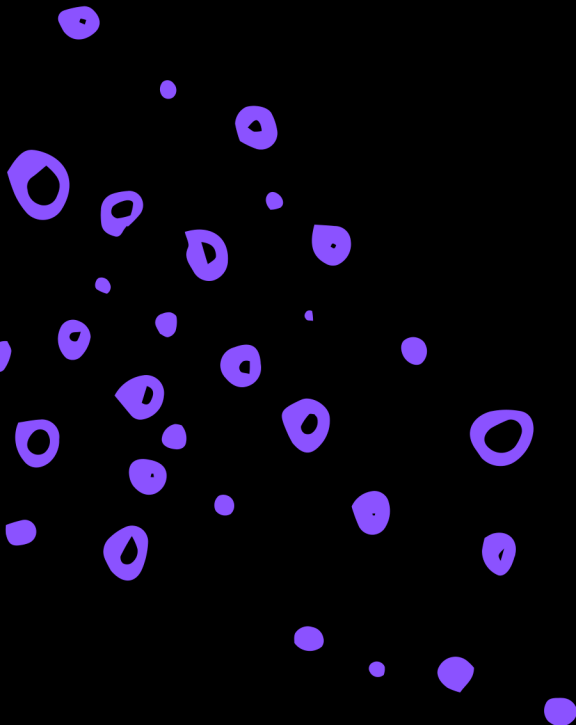


Proverbs 19:11



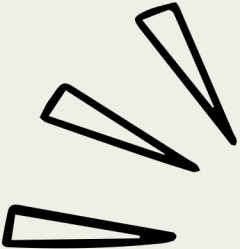
Try to live in peace with all people, and try to live free from sin. Anyone whose life is not holy will never see the Lord. Be careful that no one fails to receive God's grace and begins to cause trouble among you. A person like that can ruin many of you.

Hebrews 12:14-15



**3. STAND STRONG AND
LET THEM WALK
AWAY.**



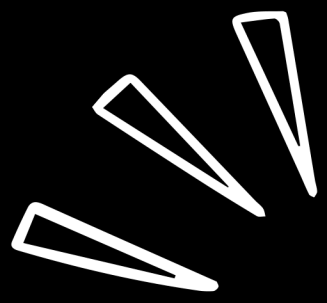


MATTHEW 18:15-19

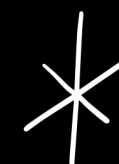
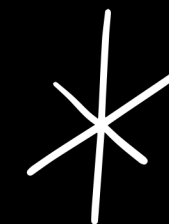


If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over. But if they will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.

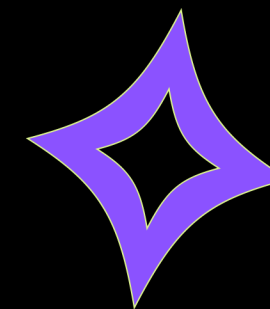
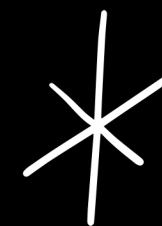
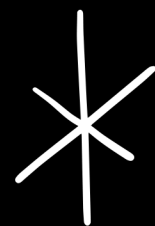
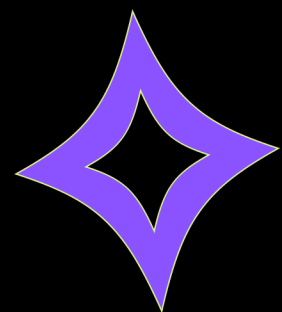


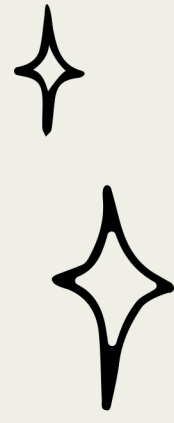


IF THEY STILL REFUSE TO
LISTEN, TELL IT TO THE
CHURCH; AND IF THEY REFUSE
TO LISTEN EVEN TO THE
CHURCH, TREAT THEM AS YOU
WOULD A PAGAN OR A TAX
COLLECTOR. "TRULY I TELL YOU,
WHATEVER YOU BIND ON EARTH
WILL BE BOUND IN HEAVEN, AND
WHATEVER YOU LOOSE ON EARTH
WILL BE LOOSED IN HEAVEN."



**“AGAIN, TRULY I TELL
YOU THAT IF TWO OF
YOU ON EARTH AGREE
ABOUT ANYTHING
THEY ASK FOR, IT
WILL BE DONE FOR
THEM BY MY FATHER
IN HEAVEN.”**

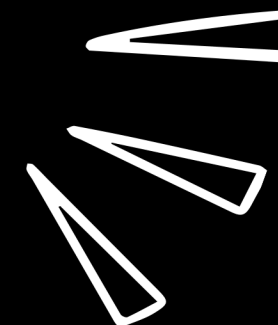
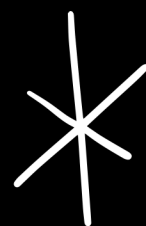
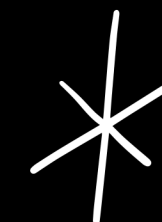
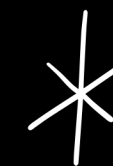




**A THREE STEP
PROCESS FOR
CONFLICT
RESOLUTION:**

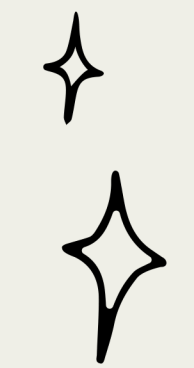


**1. TALK TO
THEM IN
PRIVATE.**

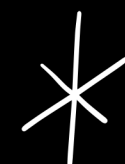
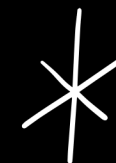
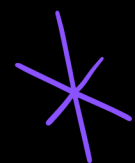
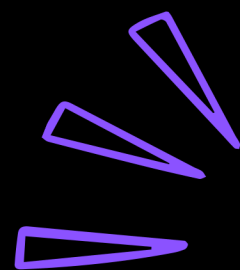




**2. TAKE TWO OR THREE
PEOPLE WITH YOU TO
TALK TO THEM.**



3. BRING THE OFFENDER BEFORE THE ASSEMBLY.

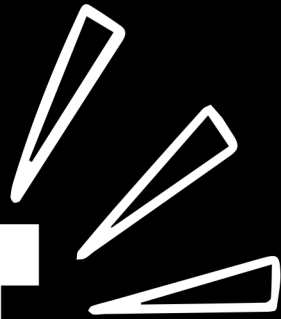




“DON'T SHY AWAY FROM CONFLICT
WHEN IT IS NEEDED, DO IT WELL, TO
THE GLORY OF GOD. BECAUSE
RELATIONSHIPS ARE THE MOST
IMPORTANT THINGS WE HAVE.”



**“I WILL NOT
ALLOW ANYONE
TO WALK IN MY
MIND WITH
DIRTY FEET.”**



BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. What was your greatest takeaway from today's lesson?
2. How would you describe a toxic person?
3. How should we treat a person we consider to be toxic?
4. In what way(s) can we protect "our mission" from toxic individuals?
5. What are the three biblical ways to deal with toxic or difficult people mentioned in today's lesson?
6. How can a Christian avoid becoming a doormat for other people?
7. Name the three-step process for conflict resolution.
8. What does it mean to walk a second mile for someone?