

Outline – August 2, 2020
Proverbs 26:20-28
“The Journey: The Characters We Must Face”
Ephesians 4:25-32

We Are All On A Journey

I. On our journey we will encounter various characters

- A. The ones that bless us
- B. The ones that try to poison our lives
- C. Jesus encountered those who wanted to poison His life

II. How do we manage the toxic characters in our journey?
(How do we keep them from negatively impacting our lives?)

- A. Recognize joy and happiness is found in our relationships
 - 1. With our Savior
 - 2. Our family
 - 3. Our friends
- B. Recognize we/you can't fix toxic people
- C. We can seek to understand them and adjust accordingly
 - 1. Everyone knows a toxic person
 - 2. No one thinks they are one
 - 3. Toxins are in all of us (hate, contempt, bitterness)

III. How do we become toxic? (Ephesians 4 tells us)

- A. Being a “grudge” holder
 - 1. Letting the sun go down on our anger
 - 2. Unresolved issues
 - 3. Giving the devil an opportunity
- B. Deception (self and others)
 - 1. Not open
 - 2. Not honest
 - 3. Not sharing your issues
- C. Self-centeredness
 - 1. Making life all about you
 - 2. Taking more than you give
- D. Fault-finder
 - 1. See more flaws than strength
 - 2. Put down more than be up

IV. The “evolution” of a toxic attitude

- A. Dysfunctional interaction
- B. Difficult person
- C. Drama, drama, drama
- D. Depression

- E. Dangerous
- F. Some are unaware
- G. Some derive satisfaction

V. How do you manage the toxic people/seasons in your life?

- A. Set boundaries
- B. Set limits
- C. (Sometimes) just let it go
- D. (Sometimes) you have to take a stand
- E. Focus on what you have control over
 - 1. Focus on the solution
 - 2. Focus less on the problem
- F. Stay goal oriented
 - 1. Know where you are
 - 2. Know where you are going
- G. Seek the joy of His Kingdom

VI. How to be non-toxic

- A. Be honest with yourself
- B. Let go of the anger
 - 1. Look at present
 - 2. Look at future
- C. Give more than you take
- D. Encourage more than you criticize
- E. Focus on Jesus

VII. Toxins in your life can be managed

- A. Humble yourself
- B. Confess your weakness
- C. Ask God for grace
- D. Receive His grace
- E. Follow Jesus
- F. Show compassion

VIII. In your journey as you face various characters

- A. Look upward
- B. Look inward
- C. Look outward

We Can't “Fix” Everyone
But We Can Share
We Can Love
That's How We Treat Others On Our Journey

