



# WEEK 3 NOTES



**Relationship Tip #7:** You aren't going to change a toxic person and can't change any person for that matter. So stop trying. One thing you can do: change your reaction to such people.

*Practice and obey whatever they tell you, but don't follow their example. For they don't practice what they teach. –Matthew 23:3*

*They crush people with unbearable religious demands and never lift a finger to ease the burden. –Matthew 23:4*

*Everything they do is for show. On their arms they wear extra wide prayer boxes with Scripture verses inside, and they wear robes with extra long tassels. –Matthew 23:5*

*And they love to sit at the head table at banquets and in the seats of honor in the synagogues. –Matthew 23:6*

*They love to receive respectful greetings as they walk in the marketplaces, and to be called "Rabbi." Don't let anyone call you "Rabbi," for you have only one teacher, and all of you are equal as brothers and sisters. –Matthew 23:7-8*

*And don't address anyone here on earth as "Father," for only God in heaven is your Father. –Matthew 23:9-10*

Toxic people are stubborn, selfish, demanding, judgmental, manipulative, narcissistic, arrogant, know-it-alls who don't listen, don't apologize, and don't celebrate when others experience joy. Don't be toxic and beware of toxic people.

Some people will encourage and inspire you. Some people will criticize and drain you. Choose your people well.

## 1. Don't put somebody in their place until you put yourself in their place.

- *Tune your ears to wisdom, and concentrate on understanding. –Proverbs 2:2*

**Relationship Tip #8:** People who are not happy with themselves will never be happy with you. So don't seek or wait for their approval.

## 2. Stop watering dead plants.

- Helping is doing something for someone that they are not capable of doing themselves. Enabling is doing something for someone that they could and should be doing for themselves.

**Relationship Tip #9:** We cripple people who are capable of walking when we choose to carry them. Stop enabling.

*Jesus entered the Temple and began to drive out all the people buying and selling animals for sacrifice. He knocked over the tables of the money changers and the chairs of those selling doves. –Matthew 21:12*

Once enabling starts recovery is given the opportunity to start.

It is so nice when toxic people stop talking to you. It is like the trash took itself out.

## 3. When you wrestle with a pig remember that you are both going to get messy and only one of you is going to enjoy it.

- *You have heard the law that says the punishment must match the injury: "An eye for an eye, and a tooth for a tooth." But I say, do not resist an evil person! If someone slaps you on the right cheek, offer the other cheek also. -Matthew 5:38-39*

**Relationship Tip #10:** You don't have to participate in every fight you are invited to.

## 4. If you want to put out of fire use water and not gas.

- *If any household or town refuses to welcome you or listen to your message, shake its dust from your feet as you leave. –Matthew 10:14*

**Relationship Tip #11:** Learn to walk away from people who threaten your self-respect and peace of mind.

It is alright to get angry. Anger is a natural emotion. It is never acceptable to be mean. Jealousy, resentment, cruelty and harsh words do nothing to improve matters. But, slowly and relentlessly, these negative actions will devour the one who practices them.

## **5. Good fences make good neighbors.**

- Setting boundaries means we have the courage to disappoint others so that we can better love ourselves.
- *Just say a simple, “Yes, I will,” or “No, I won’t.” Anything beyond this is from the evil one. –Matthew 5:37*

**Relationship Tip #12** - Givers need to set limits because takers rarely do.

Setting boundaries doesn’t make you mean. We can set limits for our lives and still be kind to others. If somebody doesn’t like your decision about your wellness—that belongs to them and not you.

## **6. Learn and live.**

- But as for you, continue in what you have learned and have become convinced of. -2 Timothy 3:14
- Be thankful for the difficult people in your life who have demonstrated to you who you don’t want to be.