

## Reset My Relationships!

Scripture used: [Exodus 32:1 \(NLT\)](#)

### OVERVIEW

Pastor Hurmon wrapped up our series “Reset” by focusing on relationships. We should always get out of abusive relationships immediately, but in most situations we may be called to a more loving response. Moses is an example for us; he was constantly dealing with toxic element of the Israelites who followed him out of Egypt. When Moses confronted these situations with God’s help, he was able to quickly sort out the problem, as in [Exodus 17:4-5 \(NLT\)](#). Unfortunately, he also sometimes reacted emotionally without consulting God, as in [Exodus 32:19-20 \(NLT\)](#). If we can focus on responding - not reacting - then we can help heal toxic relationships. This is what Jesus expects of us as His followers!

### KEY POINTS

- 1) **Some people become impediments to our growth and lives.** We can experience negative impacts from coworkers or close friends, and sometimes even family members. Modern “wisdom” tells us to cut out these people entirely to avoid being dragged down with them.
- 2) **The Bible tells us to maintain relationships with toxic people, because everyone, including us, is a sinner.** Moses dealt with many toxic people during the exodus from Egypt and the forty years in the wilderness. In [Exodus 14:10-12 \(NLT\)](#) some people were complaining. In [Exodus 16:1-3 \(NLT\)](#) all of them were complaining. And by [Exodus 17:2-4 \(NLT\)](#) the community was threatening to stone Moses! Despite all this, Moses stuck with the Israelites and ultimately led them to the Promised Land.
- 3) **We can learn to recognize toxic behavior.** Pastor Hurmon identified six different roles that toxic people can play in our lives.
  - a. **The Controller.** This person tries to control what other people do, say, or think.
  - b. **The Emotion Drainer.** This person is always sad, negative, pessimistic, or critical.
  - c. **The Drama Magnet.** This person is constantly attracting a crisis, and is always the victim.
  - d. **The Jealous & Judgmental.** This person’s low self-esteem leads to them attacking others.
  - e. **The Liar.** This person exaggerates or lies all the time, and cannot be trusted.
  - f. **The Tank.** This person dominates others, driving over them and ignoring their feelings.
- 4) **Jesus models the right way to handle toxicity.**
  - a. **Set limits.** Put people in the correct “emotional orbit” by seeing them less often or in a new setting. Set different expectations for the relationship, and turn to God for help.
  - b. **Distance ourselves from harmful behaviors.** In [Matthew 10:16 \(NLT\)](#) Jesus explained how to be in the world, but not of the world. We are “sheep among wolves.”
  - c. **Anticipate reactions and misinterpretations.** In [Matthew 10:17-18 \(NLT\)](#), Jesus told His disciples that they would be imprisoned and tortured. Following Him means persecution, not an easy life! In response, Jesus followers need to be both wise (shrewd) and above reproach.
  - d. **Pick battles wisely.** Not everything is worth a fight.
  - e. **Focus on the positive.** There are usually areas of overlapping interest. This is the common ground we can use to build a healthier relationship.
  - f. **Duplicate Jesus within the relationship.** There is nothing more challenging than this simple sentence: “Do unto others as you would have them do unto you.” Jesus tells us what is acceptable behavior in [Luke 6:27-31 \(NLT\)](#). It’s up to us to follow through!

### DISCUSSION

- 1) **HEAR** - This week’s message is to maintain relationships with toxic people in your life, except for cases of abuse. This allows you to grow and God to work redemptively. Are there people you have cut out of your life, or are you considering it? Discuss how this sermon affects your perspective.
- 2) **UNDERSTAND** - It can be hard to recognize toxic people, and toxic relationships. That’s why Pastor Hurmon gave us the examples. How many toxic “types” can you identify in your closest relationships? And can you see any relationships where YOU are acting out one of these roles?
- 3) **DO** - Pastor Hurmon asked us to commit with the following affirmation: “I will pray, forgive, and treat the wounded with love!” Picture someone specific who you know. This person should be in need of grace and love. Pray to God for the strength to maintain a relationship with that person, and the wisdom to know how to effectively engage them.