

# Sermon Notes

## Dealing with difficult people – *Boundaries*

Proverbs 18:21 Proverbs 15:4

### Types of toxic people

1. The Judger
2. The Critic
3. The Controller
4. The Liar
5. The Gossiper
6. The Parasite - Proverbs 25:17
7. The Tempter
8. The Sulker
9. The Volcano - Proverbs 15:18

### Toxic people affect us

- Proverbs 15:18 1 Corinthians 15:33 Proverbs 13:20  
2 Timothy 2:16-17

### We are not to pull away from all toxic people

- Mark 2:17 John 17:15,18

### Make allowances for other people faults

- Ephesians 4:2

### Have the Conversation – speak the truth in love

- It is always more rewarding and maturing to resolve a conflict than to end a relationship.
  1. Make the first move ASAP
  2. Meet one-on-one. Don't gossip or make assumptions.
  3. Acknowledge your part
  4. Listen to understand
  5. Speak the truth in love
  6. Watch your tone and speak humbly
  7. Focus on reconciling the relationship not a resolution
  8. Always take the high ground - just do the right thing.
  9. Don't wait for an apology to forgive them

### Toxic people often do not respond well to correction

- Proverbs 15:12 Proverbs 17:10 Proverbs 12:1

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## Refuse to be offended and don't take it personally

- Proverbs 12:16 Proverbs 19:11 Proverbs 12:16 Proverbs 13:10

## Refuse to play their game - Romans 12:9-21

### Create healthy boundaries

- Boundaries are limits, against toxic behavior, that we place in our lives that are designed to promote health in ourselves and change in others.
- Matthew 16:22-23 Matthew 12:46-50 Mark 1:35-38  
Matthew 22:18 Luke 23:8-9 Matthew 15:12-14 Titus 3:9-11  
2 Corinthians 11:20 Galatians 5:1
  - "I'm not comfortable with that."
  - "I'd rather not talk about that."
  - "I'm not willing to do that."
  - "I am not going to let you talk to me or treat me like that"

### Guard your heart - maintaining your joy and strength in Jesus.

- Proverbs 4:23, Luke 5:15-16
- Choose the discomfort of speaking the truth in love and putting up a boundary over resentment
- "When we fail to set boundaries and hold people accountable, we feel used and mistreated. This is why we sometimes attack who they are, which is far more hurtful than addressing a behavior or a choice." - Bernie Brown Ph.D., LMSW

### Boundaries can help difficult people change

- Proverbs 19:19
- "We change our behavior when the pain of staying the same becomes greater than the pain of changing. Consequences give us the pain that motivates us to change." - Dr. Henry Cloud
- Galatians 6:7

### Above all we need God's wisdom

- James 1:5