

Series: **Conquering Toxicity**

Title: **Releasing Toxic Pasts**

Text: Philippians 3:13-14; Isaiah 43:18-19

ROH 10/25/2020

Series title:

Conquering Toxicity

Sermon title:

Releasing Toxic Pasts

Introduction

Questions:

1. What past experience, trial, hurtful word, or person is still harmfully affecting your life today?
2. Where do you need the Holy Spirit to come and speak healing over you?
3. Where do you need to cry out to God in anger or frustration over a wound?

Toxic = poisonous. Something or someone that is very harmful or unpleasant in a pervasive or insidious way.

Pervasive - (especially of an unwelcome influence or physical effect) spreading widely throughout an area or a group of people.

Insidious - (of something unpleasant or dangerous) gradually and secretly causing harm:

Series

Releasing Toxic Pasts

Eliminating Toxic Positions

Removing Toxic Practices

Dislodging Toxic People

Today we are looking at **letting go and releasing your toxic past.**

Releasing the Toxic upbringing against you

Philippians 3:13-14

¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

- Paul had not yet mastered the things in his past.
 - Five years earlier he wrote that he was still doing what he knew should not and not doing the things he knew to be correct.
 - His conclusion was that for those who have received Christ and are walking in the Holy Spirit, there is no condemnation.

- Here he says he sets those things behind him
 - He strains toward a future goal
 - His desire is to work for a prize that God has called him to.

- **Childhood Toxicity comes in many forms**
 - **Abuse and neglect**
 - Person of authority over you inflicts injury either emotionally, mentally, physically or sexually. There doesn't have to be a bruise, or a cut, or a scar for this type of abuse to have taken place. Some of the deepest wounds in our childhood bear no scars at all, but leave marks that follow us through the decades.
 - **An overbearing parent**
 - Parents who are overly controlling — either physically or emotionally — cripple their children and suffocate them with a deteriorating type of care. This overbearing approach to care can leave relationships strained and a greater distance between parents and offspring.
 - **Emotional distance**
 - When our parents or caretakers fail to give us the love we need, it can make it hard for us to come to terms with and recognize our emotional highs and lows.
 - **Blaming**
 - When a parent, caretaker or other abuser is forced to come to terms with their abuse, they shift the blame to the child, telling them things like “if you just behaved differently, this wouldn't happen”.

- **Physical and emotional loss**
 - Losing a parent is hard to understand and makes us vulnerable in ways we do not always realize. Likewise, living through a natural disaster is traumatic for everyone, but these events are especially traumatic with young, developing children.
- **Helps for releasing your toxic childhood**
 - Manage emotions
 - Speak the truth of God's word
 - No more blaming – them, yourself, circumstances
 - Shift your ruminations
 - We will deal with thoughts next week – but going over and over the past will lock you in a past that has been redeemed and is not the present truth
 - Find resilience from the rejection
 - Points of reference but not Points of impact!
 - Rejecting the power of the past will allow you to navigate through storms in the future.
 - I made it through that I can make it through this
 - God held me through that storm, He can hold me through the next
 - Put down the gun and you will eliminate triggers
 - Place boundaries in your life and thoughts to diminish the struggle
 - Rejoice in each day's victories

Psalm 147:3

"He heals the brokenhearted and binds up their wounds."

TRANSITION

You can release the toxicity that has been done to you.

You can also be released and have strength to release the toxicity that you have done in your life.

Releasing Toxic choices you have made prior to Christ

Romans 4:6

6 David says the same thing when he speaks of the blessedness of the one to whom God credits righteousness apart from works: “Blessed are those whose transgressions are forgiven, whose sins are covered. 8 Blessed is the one whose sin the Lord will never count against them.”

- Paul is quoting Psalm 32. It concludes with
 - Many are the woes of the wicked, but the Lord’s unfailing love surrounds the one who trusts in him.
- It is not about your works...good or bad
- Blessed (happy) are those who have their sins forgiven
- The sins will not be counted against you.

1 John 1:9

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

Psalm 103:2-4

“Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy.”

- The civil courts may still hold you liable for your past behaviors
- You family may still hold you accountable for past behaviors
- Your employer may still fire you for past behaviors
- BUT GOD! Will not hold your sins against you
- You are a new creation and ALL Things have become new!
- YOU ARE FORGIVEN!
- THE DEBT IS PAID!
 - Looked at a medical bill and called to make the payment
 - They said that I had already paid it.
 - I did not offer to pay it again, there was no debt.
 - Why pay for the service again and again. The debt is gone!

TRANSITION

You can release the toxicity that has been done to you

You can release the toxicity that you have done in your life before you came to Christ
You can also be released of the toxicity of the toxicity that you have done since you came to Christ.

Releasing Toxic choices you have made since coming to Christ

Isaiah 43:18-19

“Forget the former things; do not dwell on the past. 19 See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”

- Many believers say that God is punishing them for their behaviors after they come to Christ.
 - This may be the case for the unrepentant believer.
 - It is not the case for the repentant believer

James 2:13

“Mercy triumphs over judgment.”

- Paul speaks of two laws at work in us; even after salvation.
- He is saved. He has started churches throughout Asia Minor. God has spoken to him and he has written instructions to the churches. He is a Man of God. An Apostle!
- Yet he says he does things he should not do and does not do the things he knows he should be doing.
- He calls himself a wretch.
 - Yes! We may have done wretched things, even after receiving Christ.

Romans 7:21-8:3; 16-17

^{7:21} So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God’s law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God’s law, but in my sinful nature a slave to the law of sin.

8:1 Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering.

¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

- Though these two laws still are at work in us...
- Even the law of sin still is active in us after our decision to follow Christ....
- Evil is right there with me.
- **IN MY MIND, of the Spirit – IN MY SINFUL NATURE, of the flesh**

Condemnation – Connection – Conviction - Correction

- The law of the Spirit is at work in us
 - *³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering.*
 - The law of the Spirit can be weakened by the flesh.
 - BUT GOD! Sent His Son as the sin offering.
 - We are HIS children
 - Our ABBA father.
- Our children do wrong.
 - We do not hold a lifetime of condemnation against them for their misdeeds in their youth
 - They are our children
 - They are our family
 - That bond rules the Day.
- Friend – Christ death payment was not only for your sinful state before you received HIM
- His death covers the sins you and I commit after we come to Christ.
- Walk in the Spirit (Galatians 5:16)
 - You will not fulfill the lust of the flesh or succumb to the law of the flesh that still resides in you.

The Cross is sufficient to cover your sins

Will you receive this forgiveness?

Will you believe in forgiveness?

Will you accept His forgiveness?

Will you walk in freedom or the slavery that so binds your spirit and your mind?