

Series: **Conquering Toxicity**  
Title: **Removing Toxic Practices**  
Text:  
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## **Conquering Toxicity**

### **Removing Toxic Practices**

#### **OPENING**

1.

How is a catholic tailor like a behavioral psychiatrist?  
They've both learned how to alter habits.

2.

**A woman tells a psychiatrist about her husband's incredibly odd behavior.**

Woman: Doctor, he just keeps repeating the same thing over and over.

Doctor: What does he say?

Woman: He says "I'm a teepee, I'm a wigwam. I'm a teepee, I'm a wigwam."

Doctor: Don't worry. I know exactly what's wrong with him, and all he needs is a little relaxation.

Woman: Well...what is it? What's wrong with him?

Doctor: He's just two tents.

3.

After a meeting of psychiatrists regarding an upcoming retreat for many of their clients, they decided to call it "The cognitive and behavioral fun time vacation for people with ADHD" 'Cause apparently "concentration camp" isn't politically correct

4.

My friend got fired from his cow milking job because of his erratic behavior.  
He was considered to be a danger to himself and udders.

Today I am speaking about removing **toxic practices** – they are dangerous to yourself and to udders.

## Conquering Toxicity

- Releasing toxic pasts
- Eliminating toxic positions
- Removing toxic practices
- Dislodging toxic people

We have spoken on releasing toxic pasts and eliminating toxic positions

Today we will look at removing toxic practices that have lodged themselves into our lives

Next week will conclude the series as we will be speaking on dislodging toxic people

**So much activity in the unseen world that it is affecting people's thoughts and their view of reality**

- **Insanity is seen as truth in today's America**
- **The battle in the mind**
- **It's an issue of the heart**
- **Not mind over matter but a fight for the mind of Christ**
  - **Always has hope and redemption in the picture**
  - Romans 12 – *be transformed by the renewing of your mind that you may prove the will of God*
  - We are only transformed as much as our mind is transformed
  - The mind is not the seat of all things
  - The heart can take you where your mind can't fit
  - **It is secondary to the wielded submission of the heart**
  - Faith comes from the heart
- **Not from striving but surrender and the measure of my yes**
- Not thoughtless or mindless. Intellect will rise when faith rises
  - The single greatest reality in the universe is the Love of God for you
- We are perfectly designed for obedience
  - To mistrust the most trustworthy one is a violation of design
- He made all things to fit perfectly into His plan
- The renewed mind PROVES the will of God
- The will of God is in the Lord's prayer – you kingdom come, your will be done on earth as it is in heaven
  - It is revealed in the renewed mind.
- **We will exhibit faith only as much as we trust in his goodness**

- When the Lord highlights understanding in the Word and divine encounter reveals your inheritance
- One prayer answered other are not
  - The first introduces you to your inheritance.
- We want to outcome every time... His goal is the journey
  - When in need... we call on Him – I liked that, He says
  - Microwave Christ-likeness. It doesn't happen
- His goal is that I include Him in the journey
  
- Christians have married their ideologies and departed from the Word of God
  - Solomon married all the wives to increase his favor
  - He has all kings sitting at his feet to hear his wisdom
  - But he marries daughters to align with them so they will not go to war and to gain favor
- When you try to obtain, through carnal effort, what God has already supplied, you will defile what God had already provided
- The Lord will bless the unbeliever before he will bless the carnality of the believer
  - If he blesses the unbeliever he may draw them to him in kindness leads to repentance.
  - If he blesses the carnal believer, he promotes their rebellion

## CHOOSE YOUR STRONGHOLD

### Proverbs 21:22

*One who is wise can go up against the city of the mighty and pull down the stronghold in which they trust.*

- The walls
  - We have to scale the walls and tear them down
- Strongholds
  - Stronghold are anything that we trust in other than God
  - Where you place your trust is a stronghold
  - It is robbery of me to trust anything other than Him
  - The stronghold is a lie that allows the enemy to build a stronghold to hide behind
  - One thought is not a stronghold... but brick by brick we build a fortress built on lies allowing the enemy to kill steal and destroy
- **Wisdom**
  - Wisdom is the mind of Christ – it was there at the beginning of creation

### Nahum 1 :7 (Berean)

*The LORD is good, a stronghold in the day of distress; He cares for those who trust in Him.*

- I will hide in the mind of Christ but I have the spirit of the living God in me  
1 Cor 3:3
- Paul corrects the Church – “ **you are acting like mere men**”
  - We are only human
  - No, you were
  - Now you have the DNA of God in you
  - More is expected of you

**As we look at removing toxic behaviors and practices from our lives, know that you have the DNA of God, by His Spirit in you to breakdown the strongholds in your life that you have relied on and dwell in the stronghold of God**

Today I am speaking to those who are in Christ and to those who are not in Christ. Those who are not in Christ, you may find solace and answers to the problems you have had and I long that you would come to Christ and know the power of His Spirit.

## **YOU AND I MUST CHOOSE THE STRONGHOLD**

### **OUR SIN OR OUR SAVIOR**

- **Saved yet Sinning**
  - We are forgiven of our sin.
  - We have become new creations
  - We are the temple of the Holy Spirit
  - **Yet we continue to sin!!!**
- Sometimes intentionally
- Sometimes unintentionally
- Sometimes we are aware, and we struggle, and yet time and again we fail.

**Thank God for salvation!**

**But how do we stop the toxic behaviors that continue to grab us as believers?**

**Is it possible to live a pure and sinless life or live a life with less sin?**

# TOXIC BEHAVIORS CANNOT LIVE HERE

**There is a place where no sin can dwell.**

- It is in the presence of the Lord
- That place was the Holy of Holies and many steps to being clean were needed before a high priest could enter into the presence of God

**Zechariah reminded the people of Israel when they returned from 70 years of exile what God was calling them to do as people of God.**

## **Zechariah 5:1-4**

*I looked again, and there before me was a flying scroll. 2 He asked me, "What do you see?" I answered, "I see a flying scroll, twenty cubits long and ten cubits wide."*

*3 And he said to me, "This is the curse that is going out over the whole land; for according to what it says on one side, every thief will be banished, and according to what it says on the other, everyone who swears falsely will be banished."*

*4 The Lord Almighty declares, 'I will send it out, and it will enter the house of the thief and the house of anyone who swears falsely by my name. It will remain in that house and destroy it completely, both its timbers and its stones.'"*

- The sixth of eight visions by this post exile prophet
- They were done with exile
- They were returned from bondage to their land
- This visionary prophet gives the word of the Lord to the people;
- On one side is the thief
- On the other side is the blasphemer
- The ten commandments –
  - divided between the person who steals –
  - 6 commandments have to do with this
  - For commandments have to do with false witness and taking the name of God in vain
  - We will be judged by the 10 commandments
- These same measurements are that of the holy place in the tabernacle as mentioned in Exodus 26 and 1 Kings 6
  - Holy Place:
  - The Holy Place was the first room of the sanctuary. The dimensions of this room were 20 cubits x 10 cubits x 10 cubits (30 feet x 15 feet x 15 feet). This room was private. Only

the priests could enter. This room contained the Table of Showbread ( 2 cubits x 1 cubit x 1 1/2 cubit), the Golden Candlestick (no dimensions), and the Golden Altar (1 cubit x 1 cubit x 2 cubits).

- The priests of God were anointed and cleansed by the sacrifices made and all elements in that space were consecrated by the ashes of the sacrifice made.
- It is also the dimensions in the temple of Solomon's porch – the access into the temple
- We are to not to be to the left of the scroll or to the right of the scroll
- Not against god and not against man but hold tight and stand upon the scroll of the sacrificial place that god has called us to.

**We are reminded again by Christ in the last chapter of the Scriptures.**

**Rev. 22:12-16**

*"Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done.*

*I am the Alpha and the Omega, the First and the Last, the Beginning and the End.*

*"Blessed are those who wash their robes, that they may have the right to the tree of life and may go through the gates into the city.*

*Outside are the dogs, those who practice magic arts, the sexually immoral, the murderers, the idolaters and everyone who loves and practices falsehood. "*

- This same separation takes place – inside and outside.
- The practices of this sort are the actions of those outside of Christ,
- But those inside the scroll, those inside Christ have been washed, and they have the right to the tree of life.

**You as a Christ follower are no longer to behave in such a way!**

What if you fail and do these horrible things after coming to Christ?

- Confess them
- Repent of them
- The Spirit will strengthen you to STOP them. But you must stay in the scroll, you must walk in the path of Christ. You must walk live BY THE SPIRIT

**Galatians 5: 16** *"Those who walk by the Spirit will not fulfill the lust of the flesh"*

Recognizing that Toxic behaviors are not to be part of the Christian life and standing in the washed robes of the royal priesthood is only the first step to getting rid of them

We also need to identify what the toxic behaviors are

# IDENTIFY TOXIC BEHAVIORS

## OBVIOUS TOXIC BEHAVIORS

I speak to the Christian and you should know that the Bible is clear about:

- Drunkenness
- Sexual immorality
- Witchcraft
- Idolatry
- Lying
- Murder

I see the people of the Church practicing, condoning, applauding these behaviors.

But, what about other toxic behaviors: the ones that are more subtle; the ones that creep into our personality and psyche?

## NOT SO OBVIOUS TOXIC BEHAVIORS

Carolyn Steber, a journalist and writer has laid out some behaviors that are seen as toxic by most, yet not seen very often by the people who do them.

Constant negativity

Complaining

Being Absent

Unwilling to apologize

Interrupting or overshadowing

Dismissing others' accomplishments

Jumping to conclusions

Gossiping

Constant jealousy

Victimized low self esteem

Gas-lighting

Over dramatic

Self- centered

No empathy

Judgmental

These are TOXIC and do look at all like the nature that the Lord has called us toward:

**Love, joy, peace, patience, kindness, goodness, faith, self-control**

# HOW TO STOP TOXIC BEHAVIORS

## IN THE MORNING OF EACH DAY – Choose to walk in the Spirit

- **You received Him**

*Ephesians 1:13-14 When you heard the message of truth, the gospel of your salvation, and when you believed in Him, you were also sealed with the promised Holy Spirit.*

- **You must be led by the Spirit**

Romans 8:5, 9-14

*5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires...*

...

*9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. 10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. 11 And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.*

*12 Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. 13 For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.*

*14 For those who are led by the Spirit of God are the children of God. 15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship.*

- Every morning awake and ask the Spirit to guide you.
- All throughout the day remind yourself that the glory of God is around you
- Spirit fell like a dove and remained
  - How do you walk with a dove on your shoulder... always aware of the presence

**First thing each morning, pray that you will walk by the Holy Spirit.**

**Start the day with godly intent**

**Second...**

**IN THE MOMENT IN YOUR TIME OF NEED - Call on Christ**

Hebrews 2:17-18

*“Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.”*

- He knows the temptation
- He is able to help
- You are not alone

Hebrews 4:15-16

*“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”*

- We are weak
- Come boldly
- Obtain mercy
- Find grace

1 John 3:6-7

*“Whoever abides in Him does not sin. Whoever sins has neither seen Him nor known Him. Little children, let no one deceive you. He who practices righteousness is righteous, just as He is righteous.”*

- Remain in Christ
- Identity – the shield of faith has the crest of the Cross of Christ on it...life up Jesus

**Third...**

**IN YOUR MIND THOUGHOUT THE DAY – “I will Not Sin in this moment”**

Romans 8:12-13

*“Therefore, brethren, we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.”*

- You put it to death
- I die daily
- I die every moment

## Romans 12:1-2

*12 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

- Offer yourself up
- Do not conform
- Be transformed with renewed mind
- "I will not sin in this moment!"
  - Joseph to Potiphar's wife
  - The Hebrew children to the demand to bow down
  - Daniel to the law that he could not pray
  - We can.... In the moment be ready and strong to say, "I will not sin in this moment."

## **In Conclusion**

- Choose your Stronghold
- Stand in the Scroll which is the Holy Place
- Identify the toxic behaviors you still have
- Choose to walk in the Spirit
- Choose to call on God
- Choose to not sin in each moment