

Surviving Your Dysfunctional Family Christmas

"Dear friends, let us love one another, for love comes from God." 1 John 4:7

The definition of toxic is: When two people are stuck in a way of relating that's _____
or _____ them both.

The facts are:

- We _____ have toxic family members.
- All toxic relationships are not _____.
- When it's toxic, _____.

I. Introduction

II. Seven Biblical Insights for Handling Your Toxic Family Christmas

1. Remember that an _____ is not a _____
*"So Sanballat and Geshem sent a message asking me to meet them at one of the villages in the plain of Ono. But I realized they were plotting to harm me, so I replied by sending this message to them: "I am engaged in a great work, so I can't come. **Why should I stop working to come and meet with you?**"*
Nehemiah 6:2-3

2. Be _____ and _____ before the event.
"And then Jesus told me, 'My grace is enough; it's all you need. My strength comes into its own in your weakness.' Once I heard that, I was glad to let it happen. I quit focusing on the handicap and began appreciating the gift. It was a case of Christ's strength moving in on my weakness. Now I take limitations in stride, and with good cheer, these limitations that cut me down to size—abuse, accidents, opposition, bad breaks. I just let Christ take over! And so the weaker I get, the stronger I become."
II Corinthians 12:9-10 (Msg)

3. Refuse to get drawn into participation in _____
*"A prudent person **foresees danger and takes precautions**. The simpleton goes blindly on and suffers the consequences." Proverbs 22:3 (NLT)*

*"Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with all men. Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say, "I will take revenge; I will pay them back," says the LORD...Do not be overcome by evil, but **overcome evil with good**." Romans 12:17-19; 21 (NLT)*

- o Keep answers short
- o Keep your stay short
- o Don't comment
- o If necessary, leave the room

4. Do your best to practice _____ and _____.

"And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you."

Ephesians 4:32 (NKJV)

"A man without self-control is like a city broken into and left without walls." **Proverbs 25:28**

5. Be intentional about keeping your _____.

*"Do not conform any longer 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."*

Romans 12:2

***"By their fruit you will recognize them."** Do people pick grapes from thorn bushes, or figs from thistles? Likewise every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit...Thus, by their fruit you will recognize them."*

Matthew 7:16-20

6. Pray for _____ and _____.

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."

James 1:5 (NLT)

*"For wisdom is protection just as money is protection, but **the advantage of knowledge is that wisdom preserves the lives of its possessors**."* **Ecclesiastes 7:12**

7. Remember that---as a Christ-follower---your new _____ has now become your new _____!

*"Therefore, if anyone is in Christ, **he is a new creation**; old things have passed away; behold, **all things have become new**." **II Corinthians 5:17 (NKJV)***

*"A father of the fatherless, a defender of widows, is God in His holy habitation. **God sets the solitary in families; He brings out those who are bound into prosperity**; but the rebellious dwell in a dry land."*

Psalms 68:5-6 (NKJV)

*"He predestined us for **adoption as sons (and daughters)** through Jesus Christ, according to the purpose of his will..." **Ephesians 1:5***

God's resources to draw deeply from:

- ✓ The _____ of God
- ✓ The _____ of God
- ✓ The _____ of God

Answer Key:

Toxic is: poisoning or destroying

The facts are:

All-----created equal-----you must act

II. Seven Biblical Insights for Handling Your Toxic Family Christmas

1. invitation---summons
2. prayed up----filled with the Spirit
3. family drama
4. sensitivity---forgiveness
5. expectations in check
6. wisdom----discernment
7. family----reality