



HOW TO HEAL TOXIC EMOTIONS

S E R M O N G U I D E

How To Heal Toxic Emotions

2 Corinthians 7:1

INTRODUCTION

Christians dealing with toxic emotions and exhibiting toxic behaviors wasn't just a problem in the first century. It's still a problem now. Whether it's road rage on the highway, angry parents at a child's game, or people fighting in church, at work, or in the home, people dealing with toxic emotions is a serious problem. And Paul says we need to stop it. Stop letting bitterness, rage, and slander dominate your spirit. Stop getting so heated that you can't control yourself any longer. And so, the question becomes how do we heal these toxic emotions? That's exactly what we're going to discuss in today's message.

KEY POINTS

1. Understand What A Toxic Emotion Is

By toxic emotions, I am not talking about having emotions. In Western society, we've been taught that all emotions are bad, that they are subordinate to logic and reason, and should be minimized and repressed at all costs.

But I want to suggest to you today that emotions in and of themselves are not bad. Whether we are talking about those emotions we tend to be comfortable with, like joy, happiness, and peace, and those we tend to be uncomfortable with, like sadness, fear, and anger, they are all a part of the psychological makeup that God has given us. They contribute to our overall health and well-being. If God Himself feels certain emotions in Scripture, why should we not embrace ourselves when we feel these very same emotions? All of that to say, not all emotions are toxic emotions, and we need to understand the difference if we're going to experience healing.

2. Name The Toxic Emotion

If you want to heal from toxic emotions, you have to be willing to name the toxic emotion you are dealing with. Literally, say it out of your mouth and acknowledge the repressed emotion to God and yourself. Be honest about it and shame the devil because the truth will indeed set you free. God can't help you heal it until you reveal it, and by putting what you've been harboring on the table, you invite God to participate in the healing process with you.

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3. Trace The Toxic Emotion

If you are able to locate the original emotion that was repressed and identify why it got blocked, you're going to be on your way to healing. Become an archaeologist of your own emotions exploring what is underneath that foul, toxic emotion to find out what the original feeling is at the root. I want you to trace it because you haven't always been jealous, insecure, bitter, and vengeful. We all have buried feelings, hidden emotions, and concealed sentiments that we've been carrying around for decades. It's there. It may be dormant, but it's there. And it's important that we trace these emotions down to the root.

4. Release The Core Emotion

We need to understand that the toxic emotion isn't at the root of what we are dealing with. The toxic emotion is just the fruit. It's the product of what's been building up over years and years of suppression. And so, I want you to understand it, name it, and trace it, so you can finally release it. By releasing it I mean letting the energy of the emotions out. It's doing things that give you comfort, support, and validation to discharge the energy of the emotion. That's what's going to push you down the path of healing.

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QUESTIONS TO CONSIDER

1. What are some toxic emotions you're dealing with right now?
2. Have you ever tried tracing your toxic emotions to their root? What came as a result of that?
3. What is one practical step you can take this week to begin to release your core emotions?
