

## **That's Toxic**

### **Pt. 2, Toxic Thoughts**

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Romans 12:2 “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.”

#### **1. Toxic Thought - Comparison**

Galatians 6:4-5 ““Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”

Why Comparison is Toxic

a) It Steals Gratitude:

1 Thes. 5:16-18 Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus

b) It Creates Insecurity

c) It Robs You of Purpose

Truth: God didn’t design you to compare, he designed you to contribute

#### **How to Overcome Comparison**

1) Celebrate what God is doing in others without diminishing yourself

Rom 12:15 “rejoice with those who rejoice.” ...

- This combats jealousy and self-diminishing voices

2) Measure faithfulness not visibility

1 Sam 16:7 Men look on the outward appearance, but God looks at the heart.”

- God isn’t asking you to do more than others, He is asking you to do what He has called you to...

#### **2. Toxic Thought - Lack of Personal Value**

Why Lack of Value is Toxic

- a) You will settle for less than God intends
- b) Tolerate abuse and neglect
- c) You will avoid what God has called you to
- d) You shrink back instead of stepping up

### **How To Overcome Lack of Value**

Become aware of what God thinks about you

“You are fearfully and wonderfully made”

“You are more than a conqueror”

“God is able to complete every good work He begins.”

Philippians 4:8 “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, what is admirable, if anything is excellent or praiseworthy, think about such things.”

Judges 6

v12 “The Angel of the Lord appeared to him and said to him, The Lord is with you o’ valiant warrior”

V15 “Go in this your strength and deliver Israel from the hand of Midian. Have I not sent you?”

What we believe about our value eventually shapes how we live

### **3. Toxic Thought - Limited Future because of Past Mistakes**

This Thought is toxic because:

- a) Creates guilt and shame that seems impossible to overcome
- b) Prevents you from embracing God’s mercy, and calling (feel unworthy)
- c) Creates a prison of regret

Truth:

Romans 8:1 “Therefore, there is NO condemnation for those who are in Christ Jesus.”

If God refuses to hold your past against you, why do you still listen to that voice?

### **How to Overcome the Trap of your Past**

1) Don’t just ask forgiveness, Receive it

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.

2) Connect to Your Purpose, not Your Past

Is 43:18 “Forget the former things, do not dwell on the past.”

3) Choose to forgive Yourself