

Family Matters, Pt. 3
"My Family Is Toxic"
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Romans 12:17-18 (NIV) *"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone."*

For the sake of your immediate family, the healthiest, most biblical thing you can do is stop allowing someone else's dysfunction to dictate the atmosphere of your home.

1. Identify What is Actually Toxic

So, what actually is Toxic Behavior?

It is a pattern of destructive behavior that damages relationships while resisting healthy correction.

Unhealthy patterns may look like:

- Manipulation
- Guilt
- Control
- Punishment
- Constant Criticism
- Repeated Boundary Violations
- Refusal to Take Responsibility

How do you determine if a relationship is toxic? Ask: Does this relationship consistently produce fear, anxiety, control, chaos, or division?

2. Honor Doesn't Mean Control

Ephesians 6:1-4 NIV *"Children, obey your parents in the Lord, for this is right. Honor your father and mother—which is the first commandment with a promise- so that it may go well with you and that you may enjoy long life on the earth. Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord."*

When a husband and wife come together as one under God's covenant, a New Primary Family Unit is formed.

Genesis 2:24 NIV *"That is why a man leaves his father and mother and is united to his wife and they become one flesh."*

3. Loving People Sometimes Requires Boundaries

John 2:23-25 NIV *"Now while he was in Jerusalem at the Passover Festival, many people saw the signs he was performing and believed in his name. But Jesus would not entrust himself to them, for he knew all people. He did not need any testimony about mankind, for he knew what was in each person."*

Boundaries are not punishment; healthy boundaries protect what God has entrusted to you.

4. Refuse to Multiply Dysfunction

You are not responsible for keeping everybody happy.

Galatians 1:10 NIV *"Am I now trying to win the approval of human beings or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."*

The Difference between a Peacekeeper and a Peacemaker in your home:

Peacekeeping often involves you and those closest to you paying the price for someone else's peace.

Don't sacrifice the peace of your home to avoid the displeasure of someone outside of it.

Romans 12:18 NIV *"If it is possible, as far as it depends on you, live at peace with everyone."*

A peacemaker does what is necessary to protect the peace of those closest to them.

Four Practical Steps for Dealing with Toxic Behavior:

1. Examine Yourself First
2. Forgive What Needs to Be Forgiven
3. Communicate Boundaries Clearly and Lovingly
4. Protect Your Home Without Poisoning Your Heart

Joshua 24:5a ESV *"As for me and my house"*

We are going to build something different.

We are going to break the cycle.

We are going to establish an emotionally healthy home.

We are going to speak with honor, forgive quickly, protect unity, and follow Jesus.