

That's Toxic

Pt. 3, Toxic Thoughts II

Pastor TW Norman

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1. 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

2. Toxic Thought - God is Disappointed with Me

Why this Thought is toxic?

a) It distorts the Character of God

b) It produces Shame-Based Faith

c) It Causes Spiritual withdrawal

How to Overcome this Toxic Thought of God's disappointment

1) Trust in the True Character of God

Ps. 34:8 "Oh, taste and see that the Lord is good."

Rom 8:15: You have received the Spirit or adoption, by whom we cry, 'Abba Father.'

2) Replace the Lie of Shame with Truth

2 Cor. 10:5 "*We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ."

2 Cor 5:21 "God made him who had no sin to be sin[a] for us, so that in him we might become the righteousness of God.

3) Run Toward God, not Away from Him

1 Jn 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Listen to who your Father is, and how he cares for you

Ps. 103:2 Praise the lord my soul and forget not all his benefits. 3 Who forgives ALL your sins and heals all your diseases, who redeems your life from the pit and crowns you with compassion. 8 The Lord is compassionate and gracious slow to anger, abounding in love. 9 He will not always accuse nor harbor his anger forever 10 He does not treat us as our sin deserves or repay us according to our iniquities. 12 as far as the east is from the west so far has he removed our transgressions from us."

Romans 12:2a "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."