



SERMON NOTES:

Like a muddied spring or a polluted well are the righteous who give way to the wicked.

— **Proverbs 25:26 (NIV)**

1. Toxic influences create toxic environments

2. Toxic environments expand energetically

3 keys to boundaries

1. Boundaries are Biblical

As for a person who stirs up division, after warning him once and then twice, have nothing more to do with him,

— **Titus 3:10 (ESV)**

Withdraw thy foot from thy neighbour's house; lest he be weary of thee, and so hate thee.

— **Proverbs 25:17 (KJV)**

2. Boundaries bring blessings

You can be a believer and not be blessed.

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Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,

— **Psalm 1:1 (NIV)**

3 categories of toxic people:

1. Critics
2. Controllers
3. Tempters

Set a boundary and stick to it.

You rise or fall to the level of the people around you.

Do not be misled: "Bad company corrupts good character."

— **1 Corinthians 15:33 (NIV)**

If you're not careful the people around you will destroy what's in front of you.

Not everyone is going to respect your boundaries.

A boundary isn't a boundary if you don't enforce it.

3. Boundaries create and maintain identity

Identity can be destroyed by toxic environments.

A lack of boundaries always leads to bondage.

The answer always starts with Jesus and it always ends with Jesus.

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Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

— **Proverbs 3:5-6 (NKJV)**

God will not remove junk from your life that you're content to live with.

Trust God with your heart

Trust God with your head

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

— **Romans 12:2 (NIV)**

Trust God with your hope

And so, Lord, where do I put my hope? My only hope is in you.

— **Psalms 39:7 (NLT)**

DISCUSSION GUIDE:

1. Have you been a part of toxic environments? How did that affect you?
2. What are some boundaries you need to put in place this week?
3. What are practical ways you can reinforce those boundaries?
4. Out of the 3 types of toxic people, which have impacted you the most (critics, controllers, tempters)? How did that affect you?
5. How have boundaries (or a lack of them) affected your identity?