**Pastor Demetric Felton Sr July 10, 2022**

**Wisdom For Dealing With Toxic People**

Proverbs 6:16-19

**Key Truth:** God wants us to be people of integrity, love, grace, and peace. Your peace is valuable don’t waste it on toxic people.

1. To keep your peace it’s important to have relational

 intelligence. **Psalm 1:1-6**

2. Your mental health is just as important as your

 spiritual health.

3. There is a difference between loving all people and

 befriending all people. **Proverbs 13:20**

4. We need to look closely at the character of the

 people we choose to bring into our lives.

 **Proverbs 16:28-29**

**Things To Help You Avoid Toxic People:**

1. Listen to what comes out of their mouth.

 **Proverbs 20:19, Luke 6:43-45**

2. Watch their actions and behavior. **Proverbs 25:28**,

 **3 John 1:9-12**

3. Look at what they post on social media. **2 Timothy 3:1-5**

 **Romans 16:17-19**

**What Every Christian Should Be Known For:**

1. Love is what we owe to our fellow man. **Romans 13:8-10**

**Taking It Beyond The Walls:** Ask God to help us live lives that are a positive witness for Him. Be discerning in whom you choose to do life with.

**Food For Thought**

Since Proverbs has 31 chapters, a practical way to do this is to daily read the chapter that corresponds to the day of the month and consider these questions:

What applies to me today?

Where have I seen this in others?

Where have I experienced this?

Options To Maximize Your Reading Of Proverbs:

* Pick a Time - If we want to make something happen, we usually need to set a time when it will actually happen. Consider your options.
* Mark it Up - Have a pen in hand to jot down notes and underline those verses that catch your attention. It will be encouraging to look back at what you wrote after you’ve done this over time.
* Write Down Your Thoughts - Get a notebook and write down anytime you have a response to one of the three questions above.

As you do this from day to day, know that you will be storing up for yourself insight on how to handle life as God would want you to, as well as helping others to live out the wisdom and love of God in your life.