

Defusing Explosive Relationships

Living The Life You've Always Wanted - Part 5 of 9

HOW TO DEAL WITH A TOXIC PERSON?

1. Realize God Doesn't Want You To Be MISTREATED.

“Let no unwholesome word proceed out of your mouth...”

Ephesians 4:29 (King James)

“Parents, do not provoke your children to anger...”

Ephesians 6:4 (NAB)

2. Reflect Before REACTING.

“A stupid man gives free reign to his anger but a wise man waits and lets it grow cool.”

Proverbs 29:11

“A man's wisdom gives him patience and he overlooks insults. This is to his credit.”

Proverbs 19:11 (NIV/LB)

3. Release My Anger APPROPRIATELY.

“A fool gives full vent to anger, but a wise person quietly holds it back.”

Proverbs 29:11 (New Living)

“If you become angry, don't let your anger lead you into sin.”

Ephesians 4:26

“...Do not associate with one easily angered, or you may learn his ways and get yourself ensnared.”

Proverbs 22:24-25 (NIV)

4. Respond By CONFRONTING Them.

“As much as possible, and to the utmost of your ability, be at peace with everyone.”

Romans 12:18 (NJB)

Esther: “And so I will go to the king, which is against the law; and if I perish, I perish!”

Esther 5:16 (NKJV)

5. Refuse To CONTINUE A Relationship Of Rage.

“Keep away from angry, short tempered people...”

Proverbs 22:24

6. Return GOOD For Evil.

“Never pay back evil for evil to anyone...never avenge yourselves. Leave that to God...overcome evil with good.”

Romans 12:17,21 (New Living)

God: “Vengeance is mine, I will repay...”

Hebrews 10:30 (NKJV)

Lamentations 3:55-63; Lamentations 2:11,18,19

Psalms 55:12-14; Psalm 10:12-15

7. Request GOD'S HELP.

“Lord, help me control my tongue; help me to be careful about what I say.”

Psalms 141:3 (New Century)

“Whatever is in your heart determines what you say.”

Matthew 12:34

David: “Create in me a clean heart, O God...”

Psalms 51:10