

Trigger People: How to Deal with Difficult People

Our Mission: To take as many people to Heaven as we can before we die. Period.

1. Before you are triggered by someone, remember that we all have an "as-is" sticker on us.

...husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel... **1 Peter 3:7a ESV**

...live considerately with your wives...honoring the woman as physically the weaker, but realizing that you are joint heirs of the grace of life, in order that your prayers may not be hindered and cut off. **1 Peter 3:7 AMP**

For everyone has sinned; we all fall short of God's glorious standard. **Romans 3:23 NLT**

2. Emotions are meant to trigger you internally to create a plan.

Avoiding a fight is a mark of honor; only fools insist on quarreling. **Proverbs 20:3 NLT**

[Moses] saw an Egyptian beating one of his fellow Hebrews...Moses killed the Egyptian and hid the body in the sand. The next day...he saw two Hebrew men fighting. "Why are you beating up your friend?" ...The man replied, "Who appointed you to be our prince and judge? Are you going to kill me as you killed that Egyptian yesterday?" ...Moses fled from Pharaoh and went to live in the land of Midian. **Exodus 2:11-15 NLT**

Then the Lord told him, "I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress because of their harsh slave drivers. Yes, I am aware of their suffering. So I have come down to rescue them from the power of the Egyptians..." **Exodus 3:7-8 NLT**

Vision Interruption:

"You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father." **Matthew 5:14-16 NLT**

Honor the Lord with your wealth and with the best part of everything you produce. Then he will fill your barns with grain, and your vats will overflow with good wine. **Proverbs 3:9-10 NLT**

3. Learn to keep short accounts with people. But do it in a loving way.

"If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back. But if you are unsuccessful, take one or two others with you and go back again...If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector." **Matthew 18:15-17 NLT**

...love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you. ...Do to others as you would like them to do to you. **Luke 6:27,31 NLT**

4. Follow Jesus' example by displaying authority under control.

a. Sometimes saying nothing is strength.

This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. **John 8:6 ESV**

The vexation of a fool is known at once, but the prudent ignores an insult. **Proverbs 12:16 ESV**

b. Confront when necessary. (stay calm)

Anyone who belongs to God listens gladly to the words of God. But you don't listen because you don't belong to God." **John 8:47 NLT**

c. Ask direct questions rather than accusing them.

Again they entered Jerusalem. As Jesus was walking through the Temple area, the leading priests, the teachers of religious law, and the elders came up to him. They demanded, "By what authority are you doing all these things? Who gave you the right to do them?" "I'll tell you by what authority I do these things if you answer one question," Jesus replied. "Did John's authority to baptize come from heaven, or was it merely human? Answer me!" **Mark 11:27-30 NLT**

5. When all else fails, sometimes you have to distance yourself or walk away.

Don't hang out with angry people; don't keep company with hotheads. Bad temper is contagious—don't get infected. **Proverbs 22:24-25 MSG**