

Repeat
These Are the 2 Most Significant Hours
of My Week
Assist Me in Treasuring Them
I Am Present Today to Praise
Not for Entertainment
I Am Singing to an Audience of One
•Receive My Worship, Oh Lord!

March 23, 2025

Edward Church

Dealing With SandPaper People Pt 3

Philippians 2:3-4

**The
“Do’s”**



A hand is shown reaching out from the bottom left, with fingers slightly spread, touching a green chalkboard. The chalkboard has a wooden frame and shows some faint, diagonal chalk lines. The background is a soft, out-of-focus green.

**How Many Know People Who...
...Remind You of This?**

We All Have Them...

...in Our

- **Past**
- **Present**
- **Future**

Can't Always Avoid...

..but Can Learn How to Handle



- All of Us Can Be Grumpy & Difficult to Deal With
- From Time to Time We Will...
...Encounter Folks Who Behave in the Same Way, or Worse
- When You to Deal With Difficult People (And You Will)...
...The Following Tips Should Help:

Don't mistake this fake smile
and professional body
language.
I'd punch you in the nose
if I knew I wouldn't lose my
job.

Realize
Difficult People Are a Part of Life
You Can't Always Avoid them
If You Don't Deal w- Them Correctly
They Will Sap Your Energy
Weigh You Down
But Dealt With Correctly
Both Will Be Bettered

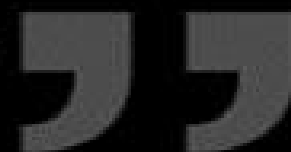
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and professional body
language.

I'd punch you in the throat
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job.



Recognize when you're dealing
with a high drama person so you
don't get caught up in their show.

Quotes & Thoughts



~ Thema Davis ~

Two Wrongs Don't Make a Right...
...But Three Lefts Make a Right Turn

Check Self - Don't Be the One Being Difficult

Don't Try to Change the Other Person

Don't Lecture

**While
you can't control
someone's
negative behavior,
you can control**

Do Not Protect Them from Consequences

**Don't Allow Yourself to Become Caught Up in
the Other Person's Emotional Outbursts**

Don't Allow Yourself to Become Caught Up in the Other Person's Emotional Outbursts

Recognize when you're dealing

If Someone is Ranting, or Worse, You Have the Right to Get Up/ Leave.

Remember:

- Emotions are Highly Contagious, You Could Become Angry, Too.**

~ Thema Davis ~

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...But Three Lefts Make a Right Turn

Don't Allow Yourself to Become Caught Up in the Other Person's Emotional Outbursts

Recognize when you're dealing

If Someone is Ranting, or Worse, You Have the Right to Get Up/ Leave.

Remember:

- **Emotions are Highly Contagious, You Could Become Angry, Too.**
- **Make the Conscious Effort to Remain Calm (Proverbs 22:24, 25)**

*24 Make no friendship with an angry man, And with a furious man do not go,
25 Lest you learn his ways And set a snare for your soul.*

Two Wrongs Don't Make a Right...

...But Three Lefts Make a Right Turn

*Don't let people
misbehave in
ways that
don't serve
you. Stand
up for
yourself.*



Do Stand Up for Yourself

If You're Being Mistreated...

- Physically
- Emotionally

Don't let people misbehave in ways that don't serve you. Stand up for yourself.



Do Stand Up for Yourself

If You're Being Mistreated...

- Physically
- Emotionally

It's Time to Start Taking Care of Yourself.

- It Doesn't Require an Angry Outburst
- But in a Calm, Mature, Resolute Manner.



Do Stand Up for Yourself

If You're Being Mistreated...

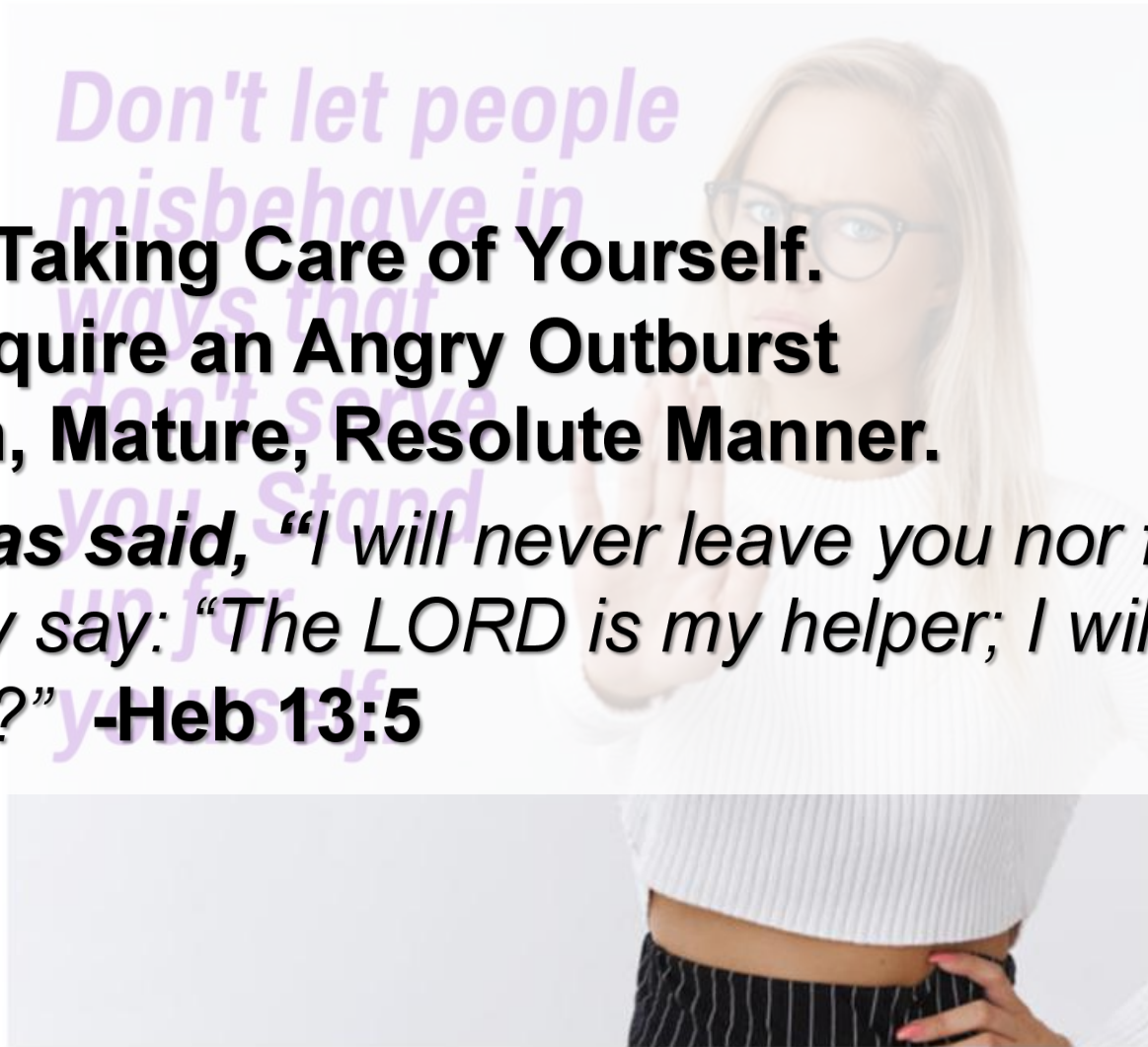
- Physically
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For He Himself has said, "I will never leave you nor forsake you."

6So we may boldly say: "The LORD is my helper; I will not fear. What can man do to me?" -Heb 13:5



Do Stand Up for Yourself

Forgive others
as quickly as
you expect
God to forgive you.

Do Forgive

**If You Can't Forgive Those Who Have Hurt You,
You're Hurting Yourself More Than You're Hurting Anyone Else.**

- Forgiveness Should Not Be Confused With Enabling**
- After You've Forgiven The Difficult Person In Your Life...
...You Are Not Compelled To Accept Continued
Mistreatment**

**you expect
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14“ For if you forgive men their trespasses, your heavenly Father will also forgive you. 15“ But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. –Matt 6:14-15

**you expect
God to forgive you.**

Do Forgive

**A merry heart
doeth good like
a medicine: but
a broken spirit
drieth the
bones.**

Do Learn to Laugh in the Difficult Times

Life Has a Lighter Side—Look For It...

...Especially When Times are Tough.

Laughter is medicine for the soul, so take your medicine early and often. (Proverbs 17:22) the Message

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- **Proverbs 17:22 NLT** - A cheerful heart is good medicine,
but a broken spirit saps a person's strength.
- **Proverbs 15:13 NLT** - A glad heart makes a happy face;
a broken heart crushes the spirit.
- **Proverbs 15:13 The Message** - A cheerful heart brings a smile to
your face; a sad heart makes it hard to get through the day.

Do Accept Personal Responsibility...

you must take
personal responsibility.

You cannot change the circumstance,
the seasons, or the wind, but
YOU CAN CHANGE YOURSELF.

**That is something you
have charge of.**

Jim Rohn

Do Accept Personal Responsibility...

Make Your Own Corner of the World Peaceful, Productive, Purposeful

- If Your World Is a Little Crazy...**

...Perhaps It's Time to Consult Who You See in the Mirror.

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Make Your Own Corner of the World Peaceful, Productive, Purposeful

- **If Your World Is a Little Crazy...**

...Perhaps It's Time to Consult Who You See in the Mirror.



**No One Can Drive YOU Crazy
UNLESS
YOU GIVE THEM YOUR KEYS**

Those Difficult People

Have you not
learned great
lessons from
those who traced
themselves
against you and
disputed passage
with you?

Lord,
Let me be a
light for you
in the world
today.

Those Difficult

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Note to self...

Today, so I can have peace, I will pray for the difficult people and situations I am dealing with. I will not repeatedly re-hash everything in my head. I may have to pray 50 times, but that is better time spent, and more productive, than just dwelling on something.