

## **New Series Dealing With Difficult Ones...**

Here's some wisdom gleaned from one of the longest longitudinal studies ever conducted. For over 75 years, Harvard's **Grant and Glueck study** has tracked the physical and emotional well-being of two populations: 456 poor men growing up in Boston from 1939 to 2014 (the Grant Study), and 268 male graduates from Harvard's classes of 1939-1944 (the Glueck study).

Due to the length of the research period, this has required multiple generations of researchers. Since before WWII, they've diligently analyzed blood samples, conducted brain scans (once they became available), and pored over self-reported surveys, as well as actual interactions with these men, to compile the findings.

**The conclusion?** According to Robert Waldinger, director of the Harvard Study of Adult Development, one thing surpasses all the rest in terms of importance: He States: "The clearest message that we get from this 75-year study is this: **Good relationships keep us happier and healthier. Period.**"

Not how much is in your 401(k). Not how many conferences you spoke at--or keynoted. Not how many blog posts you wrote or how many followers you had or how many tech companies you worked for or how much power you wielded or how much you vested at each. **No, the biggest predictor of your happiness and fulfillment overall in life is, basically, love.** Specifically, the study demonstrates that having someone to rely on helps your nervous system relax, helps your brain stay healthier for longer, and reduces both emotional as well as physical pain.

The data is also very clear that those who feel lonely are more likely to see their physical health decline earlier and die younger.

"It's not just the number of friends you have, and it's not whether or not you're in a committed relationship," says Waldinger. "It's the quality of your close relationships that matters."

What that means is this: It doesn't matter whether you have a huge group of friends and go out every weekend or if you're in a "perfect" romantic relationship (as if those exist). **It's the quality of the relationships-how much vulnerability and depth exists within them; how safe you feel sharing with one another; the extent to which you can relax and be seen for who you truly are, and truly see another.**

According to George Vaillant, the Harvard psychiatrist who directed the study from 1972 to 2004, there are two foundational elements to this: **"One is love. The other is finding a way of coping with life that does not push love away."**

**So what makes this kind of life difficult to achieve?...is difficult people...why? They have the tremendous negative ability to push people away from them...while they try to be loved. and they are all around us!**

There's a Sabotaging Sam, Complaining Cathy, and Passive-Aggressive Pete in just about every office, church, or group. Whether you get sucked into their drama or remain above the fray is up to you.

You know who I am talking about it might be you....but that subject is in two weeks...today we focus on the difficult people to love in our relationships.

**Why are some people so difficult to work with, or live around, or even be around? These verses sums up some core issues of difficult people...**

*James 3:14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. <sup>15</sup> Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. <sup>16</sup> For where you have envy and selfish ambition, there you find disorder and every evil practice.*

- They are not self-aware. ...James says these character traits find harbor in the heart, securely anchored in our hearts...yet the person either denies they are harbored there...or are deceived into thinking this is good when it is not...
- these are listed simply as Envy/ Jealousy and selfish ambition...
- envy and jealousy are based in the belief others possess something you should...therefore they should be knocked down a peg and you should receive what they possess.....they are somehow better, luckier, undeserving, privileged... manipulators...
- which motivates the person to selfish ambition... the desire to achieve not for the benefit of others but to prove I am just as worthy,
- which means you are loved acceptable and valuable...
- but of the earth (our individual world) unspiritual(lacking god) and oppressed by the enemy...therefore I am jealous or envious of others...and I must therefore prove myself and fight for acceptance, love value... because my success will show everybody, I am acceptable, of value, worthy of respect, loved, important...
- when you have to fight for something ...that means you must have someone or something you are fighting against... and it is always people, places and things... organizations, systems, structures, authority
- **This comes from a place that is not of God or heavenly...why? Ephesians tells us something different...**

*Ephesians 6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

- our battle is against spiritual forces operating in the earthly realm and spiritual forces operating in the Heavenly realms...

- **Difficult people...are viewing their issues from an earthly perspective...people, our environment, upbringing, woundedness, pride, competition..loss and from ungodly spiritual oppression...demonic!**
- **Therefore every disordered part of our lives and every evil practice flows or has its source from here!**
- **So the interrogational skills they have learned were rooted In trauma and emotional Danger and relational dysfunction or demonic ... ..**
- **The problem is those skills Require trauma and emotional danger and dysfunction to Be Useful “**
- **So they must recreate it wherever they go! so they can use the skills they have honed... Difficult people are trying to achieve belonging, love, purpose... but go about it in a most ineffective way...**
- **“The system they now have in place is perfectly designed to yield the results they are now getting...” Here are some of the ways they act out...**
- **The difficult people create problems not because there are always real problems, but because they must create problems to feel normal....**
- **Difficult people are self-sabotaging they want to be loved but Can't Receive Love...because they Don't Trust Others...so they find ways to push others away, before they get pushed away... it hurts less that way...I like to use the word way!**
- **Difficult people are very defensive ...and perceive any critique as an attack on their value as a person...so they collect stamps on others**
- **Difficult people waste Tons of Energy... things are always either amazing or horrible with not much in-between... relationally they go through the break-up/reunion pattern every few months...they are all in until there is a offense either perceived or real then they are out...**
- **Difficult people spend much energy evaluating and critiquing coworkers and their manager, supervisors and leaders performance...**
- **Difficult people share much about how they hate drama but seem to always be stuck in the middle of it?**
- **Difficult people spend a lot of time defending themselves for things they believe aren't their fault? difficult people find themselves sucked into pointless fighting or debating on a regular basis? the need to win is a driving need... which fits well with their persecution complex...**
- **Difficult people spend a lot of energy saving and protecting whomever they perceive as the underdog...it is their mission to bring justice and right wrongs... they like to be perceived as Heroes ! at least in their own minds**

- **Difficult people live lives of Anger & Resentment... blaming others for their own emotions and actions because they believe that if they put the responsibility for their emotions and actions on those around them, those people will change and when they cant make them change... then I am not ok...and I am ...let down, not loved...not important ...a victim once more**
- **Difficult People have a high level of neediness (or in psych terms, codependence). People who are needy or codependent, have a desperate need for love and affection and affirmation from others. To receive this love and affection, they sacrifice their identity and remove their boundaries. when this tactic (over committing, losing who they are to please, deceptively sacrificially serving, does not accomplish the intended result...love, affection and affirmation, promotion...they get nasty, judgmental, vengeful...quit...go victim again.**  
**and Peter says we all have some of this in our lives...**

*1 Peter 1:18 For you know that it was not with perishable things such as silver or gold that you were redeemed from **the empty way of life** handed down to you from your ancestors... in Christ we are freed from the power of this old life..*

**Scripture tells us we are new Creatures in Christ...**

*2 Corinthians 5:17 (NIV) 17Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!*

- **the old life of separation...is not fixed it is gone....we are now new creations...we are connected..**  
*<sup>18</sup> All this is from God, who reconciled us to himself through Christ....*
- **new creations who now have a home a place of belonging...and a family to belong too..as we are**
- **we have a new base of operation...connection and reconciled...Reunited**
- **and we have the capacity to reconcile others to God and eachother**

**What is new about us? Christ love living in us now compels us..is the driving force we understands that Christ died for us and for everyone else too... and this love for us and others cause us to live differently and think differently about others... live differently instead of for ourselves...but for Christ...this compels us to act different**

*<sup>2 Cor 5:14</sup> For Christ's love compels us, because we are convinced that one died for all, and therefore all died. <sup>15</sup> And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again. <sup>16</sup> So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer.*

- **that is the new creation...now we become ministers of reconciliation....understanding...we beginning to get it! how people operate and how they are separated from God...and how people operate when separated...**

*2 Cor 5:18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.*

- **now we begin to gain wisdom and understanding...we have the capacity but now we must become capable... which James explains...remember James is writing to the saved...**

*James 3:13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.*

**First key words: "who: is wise and understanding among you?" it's a question which implies not everyone is...and in fact those that are can be identified... wisdom and understanding what does that mean? wisdom and understanding is **the ability to identify and manage your own emotions and effectively relate to the emotions of others. it is** Taking responsibility for your own actions and emotions, while NOT taking responsibility for the actions or emotions of others**

- **and identified By their good life...good is a quality of life...it consists of stability, consistency and acceptance and resiliency..and a great capacity to forgive...**

*Luke 11:4 Forgive us our sins, for we also **forgive** everyone who sins against us. And lead us not into temptation.*''

- Forgiving can only occur in the aftermath of a significant interpersonal offense. difficult people are great at inflicting these! which usually results in **avoidance of the offender and the desire to "get even," "balance the scales," or "give tit for tat."** the restoring of moral balance.
- When an offended person forgives, his or her basic motivations to **seek revenge and Vengeance are mitigated...**
- **the desire to avoid contact** with the offender are lessened, and we gain empathy for them...this is called mercy!

*Luke 6:36 Be merciful, just as your Father is merciful. **mer·cy** compassion or forgiveness shown toward someone whom it is within one's power to punish or harm.*

- Then we have feelings which have been stored up in us negatively toward the difficult person ...is repalced with a compassion for them...we get where they are coming from...
- **The Emotions/Feelings** Luke 6: **45** *A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. **For the mouth speaks what the heart is full of.***
- They haved moved the ships of envy and and selfish ambition ...and have docked the ships of understanding and wisdom...
- They are self aware ..of their motivations...and have gained an understanding of the human condition...
- They exhibit Humility..they realize they are children of God and acceptable and loved and have purpose...they are not above not below others... ..
- They therefore practice Self-control. Managing disruptive destructive impulses, and responses to offences
- Trustworthiness. Maintaining standards of honesty and integrity. speaking the truth in love
- Conscientiousness. Taking responsibility for your own performance.
- Adaptability. Handling change with flexibility.
- Innovation. Being open to to learning new ways

In a nutshell It is the capacity to be aware of and concerned for ourselves and others, and the capability to control, and express our's emotions well, and to handle interpersonal relationships judiciously and empathetically. this is the good life...

If you really want to help difficult people, really

*1 Thessalonians 5:14 (ESV) <sup>14</sup> And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all.*

1. Admonish he idle...speak truth..idle interesting word...he engine is running but theirh not going anywhere...stuck in idle...this can be emotional, relational, spiritual, work wise...
2. Encourage...build up
3. Help...tangible help
4. Patience...People take time to change

Want to help difficult, they would say, you might need to say something like“Look, you’re blaming others for your own problems, deal with it yourself.”. and I will help you ... That would be actually loving the difficult person end

**end**

- revenge or vengeance is an attempt to redress an interpersonal offense by voluntarily committing an aggressive action against the perceived offender. Vengeance, in this sense, is behavior designed to convince the offender that a particular type of behavior will not be tolerated or go unpunished.
- Vengeance as saving face. Vengeance also might be motivated by the goal of saving face. Victims typically attribute to their offenders a belief that the victim was not worthy
- of better treatment. Revenge is an attempt to change the belief-attitude structure of the offender, the basic inclination to return harm for harm.

In addition, however, vengeance might encompass at least three subsidiary goals. Vengeance as balancing the scales. One possible goal underlying

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- which motivates the person to selfish ambition... the desire to achieve not for the benefit of others but to prove I am just as worthy, valuable, acceptable as whoever it is I am jealous or envious of... because success will show everybody. acceptable, of value, gains me respect, loved
- **this comes from a place that is not of God or heavenly...but of earth...our environment, upbringing, woundedness, pride, spiritual oppression...**
- **and every disorder flows from it...**
- **Self-control. Managing disruptive destructive impulses.**
- **Trustworthiness. Maintaining standards of honesty and integrity. speaking the truth in love**
- **Conscientiousness. Taking responsibility for your own performance.**
- **Adaptability. Handling change with flexibility.**
- **Innovation. Being open to new ideas.**

• The difficult person creates problems not because there are real problems, but because they believe it will cause them to feel needed and loved. Difficult people are



**trying to achieve belonging, love, purpose... but go about it in a most ineffective way...they struggle with....**

James 3:14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. <sup>15</sup> Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. <sup>16</sup> For where you have envy and selfish ambition, there you find disorder and every evil practice.

These verses sums up some issues

- **they are not self-aware. often times they do not know**
- **Self-control. Managing disruptive destructive impulses.**
- **Trustworthiness. Maintaining standards of honesty and integrity. speaking the truth in love**
- **Conscientiousness. Taking responsibility for your own performance.**
- **Adaptability. Handling change with flexibility.**
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if The difficult person, really loved wanted saving, they would say, “Look, this is my problem, you don’t have to fix it for me.” That would be actually the self loving thing to do

The difficult person creates problems not because there are real problems, but because they believe it will cause them to feel needed and loved. The saver doesn’t save the victim because they actually care about the problem, but because they believe if they fix the problem they will feel loved. In both cases, the intentions are needy and therefore unattractive and self-sabotaging.

the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.

Truth is seldom discovered in isolation but rather through dialogue in diverse community.

Emotional intelligence (EI) is the area of cognitive ability that facilitates interpersonal behavior.

But that's not exactly what usually happens...

Victims and savers both get kind of an emotional high off one another. It's like an addiction they fulfill in one another, and when presented with emotionally healthy people to date, they usually feel bored or a lack of "chemistry." They'll pass on healthy, secure individuals because the secure partner's solid boundaries will not excite the loose emotional boundaries of the needy person.

### Setting Healthy Boundaries

According to psychologist [Leslie Becker-Phelps](#), Ph.D, healthy boundaries include everything from speaking up when you think you're being disrespected to advocating for yourself to have time for your own interests.

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### they are trying to fill one or more of our basic emotional needs

Genesis <sup>27</sup> So God created mankind in his own image, in the image of God he created them; male and female he created them. <sup>28</sup> God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground."

**They were blessed... had God's favor... be favorable in the eyes of God...Spiritual**

- I. They were **Secure on earth** ..they had a home and felt comfortable in it
- II. He/She **was acceptable** and belonged to God and each other..knew love
  1. They had a life of meaning and purpose... **Fruitful and Fill... Procreate** and love, spread out and explore and travel...add value...they matter
  2. **Subdue**..... to discover and develop to building and designing...learn to control... there is purpose
  3. **Rule**...be good stewards over God's creation,to manage well... a desire to exercise a level of influence... ruling has the idea of protect and guide...it is interesting that the word also has the idea of protect...from what? the enemy

but since the fall...we have all been conformed to the pattern of the world handed down to us, the world we grew up in and the choices we have made....they are the tool kit of life we use...

the problem is that **“ Skills Learned In Danger and dysfunction ... .. Require Danger dysfunction to Be Useful “**

**“The system you now have in place is perfectly designed to yield the results you are now getting...”**

- And difficult people are always operating from the perspective of danger...even when there is no...
- **I want to be loved but Can't Receive Love...because I Don't Trust Others...so push them away before they push me away...**
- **Difficult people are very defensive ...and perceive any critique as an attack on their value as a person.**  
**Tons of Wasted Energy...** Does it feel like things are always either amazing or horrible with no in-between? Or perhaps you even go through the break-up/reunion pattern every few months?
- difficult people share much they hate drama but seem to always be stuck in the middle of it?
- Difficult people spend a lot of time defending themselves for things they believe aren't their fault? difficult people find themselves sucked into pointless fighting or debating on a regular basis?
- **Difficult people live lives of Anger & Resentment... blaming others for their own emotions and actions because they believe that if they put the responsibility for their emotions and actions on those around them, those people will change they'll become the persons they want to be.**
- Difficult people constantly paint themselves as a victim, hoping eventually someone will come save them.
- Difficult People have a high level of neediness (or in psych terms, codependence). People who are needy or codependent, have a desperate need for love and affection and affirmation from others. To receive this love and affection, they sacrifice their identity and remove their boundaries. when this tactic (over committing, losing who they are to please, falsely sacrificially serving, does not accomplish the intended result...love, affection and affirmation...they get nasty, judgmental, vengeful...quit...go victim...

without the capacity or capability of changing much of it...Why?

**well Paul sums it up in Romans...**

*Romans 12:2 Do not conform to the pattern of this world...*

*but be transformed by the **renewing** of your mind...*

**Our Fortress became Our Prison The Joke's On Us:**

**Can't Receive Love**

**Doesn't Trust Others**

**Tons of Wasted Energy**

**A Life of Anger & Resentment**

Our Fortress became our prison

**“ Skills Learned In Danger... .. Require Danger to Be Useful “**

**Our Fortress became Our Prison**

**Skills that “beautifully equip us to deal with a world that no longer exists.”**

**“What got you here, won't get you there”**

**“The system you now have in place is perfectly designed to yield the results you are now getting...”**

- it takes an inward capacity to deal with difficult people..capacity is the knowledge...for example : if I know that no matter what group of people I am in...there will be some difficult ones to get along with... I have the capacity to deal with them, because I know that I will have too...for it is life.
- however the capability to deal effectively with difficult people...is a complex skill set I must develop.
- and Christians have the extra challenge to love people...also!
- And to truly love someone we have to see who they truly are flaws and all...and choose to love them anyway.

Scripture tells us we are new Creatures in Christ...

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- the old life of separation...is not fixed it is gone....we are now new creations...we are connected..

<sup>18</sup>All this is from God, who reconciled us to himself through Christ....

- new creations who now have a home a place of belonging...and a family to belong too..as we are
- we have a new base of operation...connection and reconciled...Reunited
- and we have the capacity to reconcile others to God and each other

*What is new about us? Christ love living in us now compels us.. force us his love in us...has power to move us to real faith that understands that Christ died for me and for everyone else too... and this love for us and others cause us to live differently and think differently about others... live differently instead of for ourselves...but for Christ...this compels us to act different*

*<sup>2 Cor 5:14</sup> For Christ's love compels us, because we are convinced that one died for all, and therefore all died. <sup>15</sup> And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again. <sup>16</sup> So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer.*

*that is the new creation...*

*now we become ministers of reconciliation....understanding...we beginning to get it! how people operate and how they are separated from God...and how people operate when separated...*

*<sup>2 Cor 5:18</sup> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.*

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*which James explains...remember James is writing to the saved...*

James 3:13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.

- First key words: "who: is wise and understanding among you? it's a question which implies not everyone is...and in fact those that are can be identified..."
- and identified By their good life...
- **Then we have feelings which have been stored up in us...which cause our inability to love others and have healthy relationships...**
- **The Emotions/Feelings** Luke 6: **45** *A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. **For the mouth speaks what the heart is full of.***
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<sup>17</sup> But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. <sup>18</sup> Peacemakers who sow in peace reap a harvest of righteousness.

18.....and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. <sup>20</sup> We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. <sup>21</sup> God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

- *Sooner or later we must distinguish between what we are not and what we are. We must accept the fact that we are not what we would like to be. We must cast off our*

*false, exterior self like the cheap and showy garment that it is. We must find our real self, in all it's elemental poverty but also in its great and very simple dignity: created to be the child of God, and capable of loving with something of God's own sincerity and His unselfishness.*

- - Thomas Merton

**we wh belong to Christ are given the capacity to love like Christ..  
but we are not automatically capable of loving like Christ...**

**but we are still old creatures in the way we deal with Life...we have to renew our minds, learn to handle our feelings, learn new and better ways to interact with others, God, ourselves this world...it just does not happen automatically!  
There are a couple of major hurdles of perception and willingness we must first address before we move to the hard work of dealing with our relationships in a life giving way...**

<sup>2 Cor 5:14</sup> For Christ's love compels us, because we are convinced that one died for all, and therefore all died. <sup>15</sup> And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

<sup>17</sup> Therefore, if anyone is in Christ, the new creation has come:<sup>[a]</sup> The old has gone, the new is here! <sup>18</sup> All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: <sup>19</sup> that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. <sup>20</sup> We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. <sup>21</sup> God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

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now we begin to gain wisdom and understanding...

So if you belong to God...

**2 Corinthians 5:17 (NIV)** 17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

- though we are alive in Christ we still get to choose how to live...

**\*Perhaps it is frightening for us to realize that we have chosen to live our life as it is today...the Good News is that if you don't like what you see right now, you can CHOOSE to make things different and begin to pursue the life we were created to live.**

Paul wrote later in his life to the church in Corinth something that he truly experienced...

- \*Life should progressively look different for all of us who are in Christ...He changes us and reshapes us and redirects us!...we realize our lives have been planned by God with a purpose in our generation...and it will fit us!!
- we must be properly dressed for all occasions of service...for the second coming...for our marriages, for our singleness, we must be dressed for the unexpected guest...disappointment, loss, pain...blessing prosperity...

Romans 12:14 Bless those who persecute you; bless and do not curse. <sup>15</sup> Rejoice with those who rejoice; mourn with those who mourn. <sup>16</sup> Live in harmony with one another. Do not be proud, but be willing to associate with people of low position.<sup>[c]</sup> Do not be conceited.

<sup>17</sup> Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. <sup>18</sup> If it is possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay,"<sup>[d]</sup> says the Lord. <sup>20</sup> On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head."<sup>[e]</sup> <sup>21</sup> Do not be overcome by evil, but overcome evil with good.



*Phil 2:<sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.*

### Love for Enemies

Matt 5: <sup>41</sup> If anyone forces you to go one mile, go with them two miles. <sup>42</sup> Give to the one who asks you, and do not turn away from the one who wants to borrow from you. <sup>43</sup> “You have heard that it was said, ‘Love your neighbor<sup>[i]</sup> and hate your enemy.’ <sup>44</sup> But I tell you, love your enemies and pray for those who persecute you, <sup>45</sup> that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. <sup>46</sup> If you love those who love you, what reward will you get? Are not even the tax collectors doing that? <sup>47</sup> And if you greet only your own people, what are you doing more than others? Do not even pagans do that? <sup>48</sup> Be perfect, therefore, as your heavenly Father is perfect.

*difficult people are hard to forgive because they personally offend us! and often times it seems they feel it is justified!*

*Luke 11:4 **Forgive** us our sins, for we also **forgive** everyone who sins against us. And lead us not into temptation.”*

Forgiving is a complex of motivational changes that occurs in the aftermath of a significant interpersonal offense.

When an offended person forgives, his or her basic motivations to

(a) **seek revenge and Vengeance**...revenge or vengeance is an attempt to redress an interpersonal offense by voluntarily committing an aggressive action against the perceived offender.

Vengeance, in this sense, is behavior designed to convince the offender that a particular type of behavior will not be tolerated or go unpunished.

Vengeance as saving face. Vengeance also might be motivated by the goal of saving face. Victims typically attribute to their offenders a belief that the victim was not worthy of better treatment. Revenge is an attempt to change the belief-attitude structure of the offender, the basic inclination to return harm for harm.

In addition, however, vengeance might encompass at least three subsidiary goals. Vengeance as balancing the scales. One possible goal underlying vengeance is the desire to “get even,” “balance the scales,” or “give tit for tat.” The very sort of lay language used for vengeance reveals the perceived utility of vengeance for restoring moral balance. Thus, vengeance might be understood, at least from the vengeful person’s point of view, as truly moral.

### the result avoidance of the offender

(b) **avoid contact** with the offender are lessened, and other relationship-constructive motivations (such as the motivation to resume a positive relationship) are restored.

**Then we have feelings which have been stored up in us...which cause our inability to love others and have healthy relationships...**

**The Emotions/Feelings** Luke 6: **45** *A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.*