

"How to Cope With Cranky Co-Workers"

INTRODUCTION:

Five Types of Difficult People:

1. **D**_____ people.
2. **D**_____ people.
3. **D**_____ people.
4. **D**_____ people.
5. **D**_____ people.

SIX PRINCIPLES FOR COPING WITH JOB STRESS

1. Realize you can't _____.

Romans 12:18 (NIV) "If it is possible as far as it depends on you, live at peace with everyone."

- You don't' _____ to please everybody.
- _____ cannot please everybody.

Proverbs 29: 25 (TEV) "It is dangerous to be concerned with what others think of you, but if you trust the Lord, you are safe."

John 5:30 (KJV) (Jesus) "I seek the will...the will of the Father who sent me!"

Luke 6:26 "Woe to you when all men speak well of you..."

2. Refuse to _____.

1 Peter 3:9 (NLT) "Don't repay evil for evil. Don't retaliate with insults when people insult you..."

- To insult when insulted is a _____.

Proverbs 12:16 (TEV) "When a fool is annoyed, he quickly lets it be known. Smart people will ignore an insult."

- A mark of maturity is a _____ reaction.

3. Refuse to _____.

Matthew 22:15, 18 (NIV) "Then the Pharisees went out and laid plans to trap Him in His words...Jesus, knowing their evil intent, said, "Why are you trying to trap me?"

Proverbs 26:21 (TEV) "Wood keeps the fire burning and troublemakers keep arguments alive,"

Titus 3:10 (TEV) "Give at least two warnings to the person who causes division and then have nothing more to do with him."

4. Refuse to _____.

Romans 12:2 (Ph) "Don't let the world around you squeeze you into its own mold..."

- Meekness is not _____.
- Meek (Greek) means "strength under _____."

Matthew 5:37 (LB) "Say just a simple 'Yes, I will' or 'No, I won't. Your word is enough..."

- Saying 'No' without _____ without feeling _____.

II Timothy 1:7 (TEV) "For the Spirit that God has given us does not make us timid; instead, His Spirit fills us with power, love, and self-control."

5. Resolve conflict _____.

Ephesians 4:26-27 (TEV) "If you become angry, do not let your anger lead you into sin, and do not stay angry all day."

- Anger not resolved turns into _____.
- When you swallow your anger, your stomach _____.
- What is the solution: _____

James 1:19 (NLT) "You must all be quick to listen, slow to speak, and slow to get angry."

- Listen for the _____.
- HURT people _____ people.

6. Respond with _____.

1 John 4:16 (NLT) "God is love..."

1. God loves _____.
2. God wants to _____ you to love...

Matthew 5:44 (KJV) "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which...persecute you."

CONCLUSION

Proverbs 16:7 (LB) "When a man is trying to please God, God makes even his worst enemies to be at peace with him."