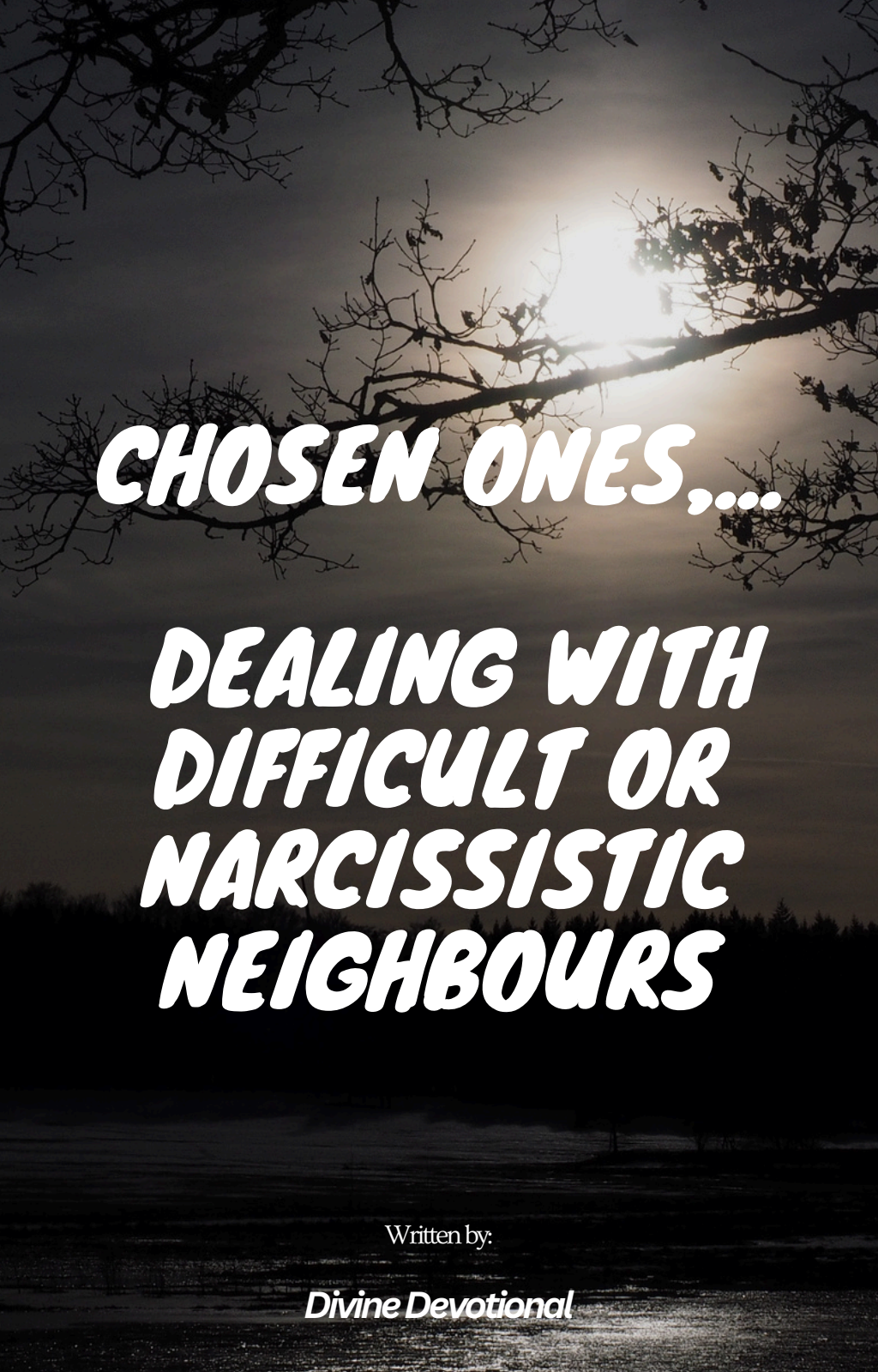




CHOSEN ONES....

***DEALING WITH
DIFFICULT OR
NARCISSISTIC
NEIGHBOURS***

Written by:

Divine Devotional

**WHEN YOUR NEIGHBOUR IS
DIFFICULT
FINDING PEACE, WISDOM AND
STRENGTH THROUGH GOD'S
WORD**

**INTRODUCTION – WHEN YOUR
HOME LOSES ITS PEACE**

**HOME IS SUPPOSED TO BE A
PLACE OF PEACE, SO WHEN
CONFLICT WITH A NEIGHBOUR
BECOMES ONGOING, IT CAN FEEL
AS THOUGH THAT PEACE HAS
BEEN INVADED.**

**DIFFICULT NEIGHBOURS CAN
AFFECT MUCH MORE THAN OUR
RELATIONSHIP WITH THE PERSON
NEXT DOOR. THEY CAN AFFECT
OUR SLEEP, EMOTIONS, FAMILY
LIFE, PRAYER LIFE AND EVEN OUR
RELATIONSHIP WITH GOD.**

ROMANS 12:18:

**“IF IT IS POSSIBLE, AS FAR AS IT
DEPENDS ON YOU, LIVE AT PEACE WITH
EVERYONE.”**

**THE IMPORTANT PHRASE “AS FAR AS IT
DEPENDS ON YOU.”**

**WE CANNOT CONTROL OUR
NEIGHBOUR'S CHOICES, ATTITUDE OR
BEHAVIOUR. WE CAN CONTROL HOW
WE RESPOND.**

**THE PURPOSE OF THE BOOK IS NOT TO
TEACH READERS HOW TO DEFEAT
THEIR NEIGHBOUR. IT IS TO HELP
THEM:**

**RESPOND BIBLICALLY
PROTECT YOUR PEACE
ESTABLISH WISE BOUNDARIES
AVOID BITTERNESS
FORGIVE WITHOUT BECOMING
FOOLISH**

**KNOW WHEN TO SEEK HELP
TRUST GOD WITH WHAT YOU CANNOT
CONTROL**

A PRAYER FOR WISDOM AND PEACE

***HEAVENLY FATHER,
AS I BEGIN READING, I ASK YOU TO
GIVE ME WISDOM TO KNOW HOW
TO RESPOND TO DIFFICULT
SITUATIONS AND DIFFICULT
PEOPLE.***

***GUARD MY HEART FROM ANGER,
FEAR AND BITTERNESS. GIVE ME
PEACE WHEN I FEEL TROUBLED,
PATIENCE WHEN I AM PROVOKED,
AND COURAGE TO MAKE WISE
DECISIONS.***

***HELP ME TO TRUST YOU WITH THE
THINGS I CANNOT CONTROL AND
TO WALK IN LOVE WHILE ALSO
HAVING HEALTHY BOUNDARIES.
LET YOUR WORD GUIDE ME, YOUR
PRESENCE STRENGTHEN ME, AND
YOUR PEACE FILL MY HEART AND
MY HOME.***

IN JESUS' NAME, AMEN.

CHAPTER 1 — GOD SEES WHAT IS HAPPENING

MAIN MESSAGE:

**YOU MAY FEEL UNSEEN, BUT GOD
SEES EVERYTHING.**

**THE EXPERIENCE OF BEING
MISUNDERSTOOD.**

**PERHAPS THE NEIGHBOUR BEHAVES
ONE WAY IN PUBLIC AND ANOTHER
WAY PRIVATELY. PERHAPS OTHER
PEOPLE DON'T UNDERSTAND WHY
THE SITUATION IS UPSETTING.
PERHAPS YOU HAVE BEEN ACCUSED
OF THINGS THAT AREN'T TRUE.**

**REMINDE YOURSELF:
“THE EYES OF THE LORD ARE ON THE
RIGHTEOUS, AND HIS EARS ARE
ATTENTIVE TO THEIR CRY.” — PSALM
34:15**

GOD SEES:

- **THE CONVERSATIONS NOBODY ELSE HEARD**
 - **THE TEARS NOBODY ELSE SAW**
 - **THE ACCUSATIONS**
 - **THE INTIMIDATION**
 - **THE UNFAIR TREATMENT**
 - **THE MOMENTS WHEN YOU CHOSE NOT TO RETALIATE**
- WE DON'T NEED TO SPEND OUR LIVES PROVING OUR INNOCENCE TO EVERYONE.**

PRACTICAL REFLECTION:

“GOD, YOU KNOW THE TRUTH. HELP ME TRUST YOU WITH WHAT OTHER PEOPLE DON'T UNDERSTAND.”

PSALM 91 — UNDER GOD'S PROTECTION

**PSALM 91 REMINDS US THAT GOD IS
OUR REFUGE AND SAFE PLACE. WHEN
WE ARE AFRAID, TROUBLED, OR
FACING DIFFICULT CIRCUMSTANCES,
WE CAN PLACE OUR TRUST IN HIM.**

**“WHOEVER DWELLS IN THE SHELTER
OF THE MOST HIGH
WILL REST IN THE SHADOW OF THE
ALMIGHTY.**

**I WILL SAY OF THE LORD, ‘HE IS MY
REFUGE AND MY FORTRESS,
MY GOD, IN WHOM I TRUST.’”**

Chapter 2 — Guard Your Heart

Main message:

Don't let someone else's behaviour become the condition of your heart.

Use Proverbs 4:23:

“Above all else, guard your heart, for everything you do flows from it.”

Explain how prolonged conflict can change us.

We can begin:

- ***Constantly thinking about the neighbour***
- ***Checking what they are doing***
- ***Anticipating the next confrontation***
- ***Replaying conversations***
- ***Becoming angry before anything happens***
- ***Talking about them constantly***
- ***Losing sleep***

***Becoming suspicious of everyone
The difficult person may have caused
the problem, but we don't want their
behaviour to eventually control our
inner life.***

***Important distinction:
Guarding your heart doesn't mean
ignoring wrongdoing.
It means refusing to let wrongdoing
produce hatred and bitterness inside
you.***

Practical exercise:

Ask the reader:

***“How much of my mental space is this
person occupying?”***

***Then encourage them to consciously
give those thoughts to God.***

Prayer:

***“Lord, remove bitterness from my heart
and replace it with Your peace.”***

Chapter 3 — Don't Be Drawn Into Arguments

Main message:

You don't have to answer every provocation.

Start with Proverbs 15:1:

“A gentle answer turns away wrath, but a harsh word stirs up anger.”

Some conversations are genuine attempts to solve problems, while others simply become battles.

A difficult neighbour may:

- ***Raise their voice***
- ***Make accusations***
- ***Insist on having the last word***
- ***Twist what you said***
- ***Bring up old disagreements***
- ***Try to provoke an emotional reaction***

***The Christian response is not
necessarily to explain more.
Sometimes the wise response is:***

“I'm happy to discuss this calmly.”

Or:

“I don't want to argue.”

Or:

“Let's talk about this another time.”

Or simply walking away.

Key lesson:

***Peace doesn't mean winning the
argument.***

***Jesus didn't respond to every
accusation with a lengthy defence.***

Prayer:

***“Lord, give me self-control when I am
provoked.”***

Chapter 4 — Love Doesn't Mean Having No Boundaries

Main message:

You can love your neighbour and still have boundaries.

This chapter should be particularly practical.

Explain the difference between:

***Love — treating someone with dignity.
People-pleasing — allowing someone to control you because you're afraid of their reaction.***

Forgiveness — releasing revenge and resentment to God.

Trust — something that may need to be rebuilt over time.

Boundaries — deciding what behaviour you will participate in or allow.

You can say:

***“Please don't enter my property
without permission.”***

***“I'm willing to discuss the issue, but not
while we're shouting.”***

“I don't want to discuss my private life.”

***“I'm not comfortable continuing this
conversation.”***

***Explain that Jesus taught His followers
to be:***

***“as shrewd as snakes and as innocent
as doves.” — Matthew 10:16***

***Christianity requires both love and
wisdom.***

Prayer:

***“Lord, give me courage to establish
boundaries without hatred.”***

Chapter 5 — Don't Fight Evil With Evil

Main message:

Don't allow someone else's behaviour to turn you into someone you are not.

Romans 12:21:

“Do not be overcome by evil, but overcome evil with good.”

Discuss the temptation to retaliate.

We may think:

“If they can make my life difficult, I'll make theirs difficult.”

But revenge creates another cycle of conflict.

Warn against:

- ***Gossip***
- ***Sarcasm***
- ***Deliberate provocation***
- ***Public humiliation***
- ***Spreading rumours***
- ***Recruiting other neighbours into the conflict***
- ***Trying to “teach them a lesson”***

Romans 12:19 reminds us:

***“Do not take revenge... ‘It is mine to avenge; I will repay,’ says the Lord.”
This doesn't mean ignoring serious wrongdoing. It means we don't make revenge our mission.***

Practical principle:

Document what is necessary. Report what is necessary. Pray about what is necessary. But don't retaliate.

Prayer:

“Father, keep me from becoming bitter or vengeful.”

Chapter 6 — When You Need to Take Action

Main message:

Being a Christian doesn't mean refusing sensible help.

This is an important chapter because readers may mistakenly believe that trusting God means doing nothing.

Explain the biblical principle:

“The prudent see danger and take refuge.” — Proverbs 22:3

There is a difference between:

***An ordinary disagreement
and***

***persistent harassment, intimidation,
threats or serious misconduct.***

appropriate practical responses:

- ***Keep factual records of serious incidents***
- ***Keep relevant messages***
- ***Avoid emotional confrontations***
- ***Seek appropriate mediation where suitable***
- ***Speak to a landlord or housing organisation when relevant***
- ***Seek appropriate professional or official assistance when necessary***

Emphasise:

Seeking help is not a failure of faith. Nehemiah prayed, but he also posted guards when there was a threat (Nehemiah 4).

Prayer and practical wisdom can work together.

Prayer:

“Lord, show me when to be patient, when to speak and when to take appropriate action.”

Chapter 7 — Forgive, But Walk in Wisdom

Main message:

Forgiveness is freedom, not permission for continued mistreatment.

Use Colossians 3:13:

“Forgive as the Lord forgave you.”

Explain what forgiveness does mean:

- ***Releasing revenge***
- ***Refusing to nurture hatred***
- ***Giving justice to God***
- ***Choosing not to live in resentment***

Then explain what forgiveness does not necessarily mean:

- ***Pretending nothing happened***
- ***Trusting immediately***
- ***Restoring the same level of relationship***
- ***Allowing repeated harmful behaviour***
- ***Removing every boundary***

***“Forgiveness can open the prison door,
but wisdom decides how close the
person should be allowed to come.”
forgiveness may be a process rather
than a single emotional moment.***

Prayer:

***“Lord, I choose to release this person
into Your hands. Heal what their
behaviour has wounded in me.”***

Chapter 8 — Taking Back Your Peace

Main message:

Your neighbour doesn't have to determine the atmosphere inside your home.

Use Philippians 4:6–7:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Talk about intentionally restoring peace at home.

Encourage readers to:

- ***Pray in their home***
- ***Read Scripture***
- ***Worship***
- ***Stop repeatedly discussing the neighbour***
- ***Spend time with healthy relationships***
- ***Focus on family***
-

- *Enjoy their home*
 - *Take walks*
 - *Rest*
 - *Do things that bring legitimate joy*
- The goal isn't pretending the problem doesn't exist.*

The goal is refusing to make the problem the centre of your life.

Practical exercise:

Write down:

What I can control:

My words, boundaries, reactions, choices.

What I cannot control:

Their opinions, personality, behaviour and choices.

Then give the second list to God.

Prayer:

“Lord, let Your peace fill my home and my heart.”

Final Chapter — God Will Fight Your Battles

Bring the entire book together.

Exodus 14:14 says:

“The Lord will fight for you; you need only to be still.”

Explain that “being still” doesn't necessarily mean doing nothing.

It means not taking God's place as judge and avenger.

The reader may never receive an apology.

The neighbour may never admit they were wrong.

Other people may never understand the full story.

The situation may not resolve in the way the reader hoped.

But God can still give them victory.

And victory may look like:

- ***Peace instead of anxiety***
- ***Wisdom instead of reaction***
- ***Boundaries instead of fear***
- ***Forgiveness instead of bitterness***
- ***Self-control instead of retaliation***
- ***Prayer instead of gossip***
- ***Trust instead of obsession***

End with a strong encouragement:

***You don't have to defeat your
neighbour. You need to remain faithful
to God.***

***Closing Prayer — “Lord, Give Me Peace”
Make the final prayer more substantial
than the chapter prayers.***

Include:

“Lord, You know what has happened.”

“Give me wisdom.”

“Guard my heart.”

“Help me forgive.”

***“Give me courage to establish
boundaries.”***

“Protect my home.”

“Keep me from retaliation.”

***“Give me wisdom when I need to seek
help.”***

***“Heal the places where this situation
has wounded me.”***

“Help me sleep peacefully.”

***“I place my neighbour and this situation
into Your hands.”***

Finish:

***“I choose peace. I choose wisdom. I choose
forgiveness. And above all, I choose to
trust You. In Jesus' name, Amen.”***