

# How to Deal with a Narcissist

# Part 1

**Key Scriptures:** Daniel 3:1-7; James 4:14; Psalm 8:3-4; Luke 5:31-32; Daniel 3:8-15; Ephesians 4:32

## 1. Start talking. Find a conversation starter for your group.

- Do you know anyone who is a “Me Monster”? Their favorite words seem to be “Me”; “My”; “I”; and “Mine” and whatever story someone is telling, they have a better one, a sadder one, a funnier one, a stranger one, etc. Describe an interaction with them.
- What kind of thing do you say to that kind of “Me Monster” to make them aware of what they are doing? (for example: “Please keep talking, I only yawn when I’m super interested!” or “Well, I would agree with you, but then we’d both be wrong!”)

## 2. Start thinking. Ask a question to get your group thinking.

- Why would Nebuchadnezzar build a statue entirely made from gold? Did it have anything to do with the dream Daniel interpreted in Daniel 2?
- Who are the people Nebuchadnezzar gathered to worship his image? Why them? How do the people Jesus chose to spend time with contrast with that of Nebuchadnezzar?
- Read Daniel 3:8-15. Nebuchadnezzar challenges Shadrach, Meshach, and Abednego with these words, “...what god will be able to rescue you from my hand?” How does this explain what Nebuchadnezzar believes about himself? How does this explain the types of “gods” that he believes in?

## 3. Start sharing. Choose a question to create openness.

- If someone were to describe your character, what are two positive traits they would identify? Why? What is one negative trait they would identify? Why?
- What kind of people do you give your attention to? Are they more like the people Nebuchadnezzar chose to surround himself with, or are they more like the people Jesus spent time with? Is this phrase true: Show me your friends and I’ll show you your future”? Why or why not?
- In what ways are you telling the world that you are important? (Parent? Boss? Student? Social Media?)
- Read Ephesians 4:32. Is this the opposite of narcissism? Why or why not?

## 4. Start praying. Be bold and pray with power.

- Pray for God to give you the humility to recognize when you are making everything about yourself.
- Pray that He gives you the courage to confront that narcissism (however much or little) and to make things right with others.

## 5. Start doing. Commit to a step and live it out this week.

- Take 2 minutes to list your top 5 strengths and top 5 weaknesses. How satisfied are you when others recognize those strengths? How embarrassed would you be if others knew about your weaknesses? Ask God how He might use those strengths to build, not you, but His Kingdom.