

# Peacemaking with a Narcissist

Hub Webinar

Presented by: Wayne Forward (CEO PeaceWise)



## The Strengths of the Fruit of the Spirit

Fruit of the Spirit	Simple Understanding	Mature Understanding	Applied to Narcissistic Traits	Biblical Example (Jesus or others)
<b>Love</b>	Being nice	Seeking another's highest good with truth and limits	Set wise boundaries, don't enable manipulation, speak truth with compassion	Jesus loved the rich young ruler yet let him walk away (Mark 10:17–22)
<b>Joy</b>	Feeling happy	Deep gladness rooted in God, not others' reactions including in your identity in Christ	Protect your emotional stability; look to Christ for identity and value, resist to allow the others view define your identity	Jesus rejoiced in the Father, not outcomes (Luke 10:21)
<b>Peace</b>	Keeping things calm	A settled confidence in God's sovereignty and who you are in him	Enables calm, grey-rock responses; prevents reactive escalation	Jesus remained calm before Pilate (John 19:9–11)
<b>Patience</b>	Putting up with people	Wise endurance, trusting in God's justice and timing	Avoids emotional traps; responds without rushing; empowers endurance	Jesus patiently endured Judas yet named the truth (John 13; Matt 26)
<b>Kindness</b>	Being nice	Grace that does good without enabling evil	Respond firmly and respectfully; refuse retaliation; maintain dignity	Jesus protected the woman caught in adultery (John 8)
<b>Goodness</b>	Doing the right thing	Moral courage that confronts falsehood and protects the vulnerable	Do not join manipulation; challenge destructive behaviour; uphold truth, does not tolerate abuse	Jesus confronted the Pharisees' spiritual abuse (Matt 23)
<b>Faithfulness</b>	Being reliable	Staying anchored in Christ's truth under pressure	Stay bound to Jesus, not controlled by the others demands; trust justice to God	Daniel remained faithful despite manipulation and traps (Daniel 1; 6)
<b>Gentleness</b>	Being soft	Strength under control; calm conviction rather than weakness	Avoid sinning in anger; refuse to mirror aggression; hold firm with grace	Jesus restored Peter with truth and tenderness (John 21:15–19)
<b>Self-Control</b>	Not losing your temper	Spirit-governed responses in thoughts, emotions and behaviour	Manage emotions; resist guilt-trips and gaslighting; respond, don't react	Jesus refused to be baited into traps (Luke 11:53–54)

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## Integrated Wisdom Strategies

Strategy	What It Is	Fruit Connected	Biblical Anchor	How It Helps With Narcissistic Behaviour
<b>Safe Boundaries</b>	Choosing what you will and won't accept	Love, Kindness, Goodness, Self-control	Jesus walked away from unsafe situations (Luke 4:28–30; John 10:39)	Prevents entanglement in manipulation; gives clarity and safety
<b>Forgiving Without Excusing</b>	Releasing bitterness while staying wise	Kindness, Faithfulness, Peace	Jesus forgave His enemies on the cross (Luke 23:34)	Keeps your heart free without removing safeguards
<b>Overcoming Evil With Good</b>	Choosing godliness instead of revenge	Kindness, Peace, Goodness	David spared Saul twice despite Saul's rage (1 Sam 24; 26)	Breaks cycles of retaliation; keeps Christ at the centre
<b>Relying on God's Justice</b>	Trusting God to deal with what you cannot	Faithfulness, Patience, Peace	Jesus entrusted Himself to God's justice (1 Pet 2:23)	Releases the need to win, prove, or vindicate yourself
<b>Not Sinning in Anger</b>	Responding with righteous steadiness	Peace, Gentleness, Self-control	Jesus cleansed the temple without sinning (John 2:13–17)	Protects integrity and prevents escalation
<b>Grey-Rock Responses (Non-reactive responses)</b>	Calm, minimal, fact-based replies	Peace, Self-control	Jesus remained silent before false accusations (Matt 27:12–14)	Reduces manipulation by giving no emotional fuel
<b>Managing Your Own Emotions</b>	Regulating your internal world before responding	Peace, Self-control	Be quick to listen, slow to speak, slow to anger (James 1:19)	Keeps you grounded; prevents being pulled into chaos