

# Emotional Vampires

Anne Thomas

Emotional vampires feed on negativity.

4 categories of needy people:

1. Terribly insecure
2. Drama Kings or Queens
3. Blabbers
4. Financial leeches

As Christians we want to have a heart of compassion and help the needy people. This is a tension. We need to make sure that us helping them doesn't make them dependent on us.

Matthew 9:36

Jesus was moved with compassion.

Jesus cared more than everyone who ever lived! BUT Jesus did not heal everyone or grant every request. He had the power to do it but didn't always.

To deal with a leech you can use salt or fire.

To deal with needy people:

1. Offer what they need & not what they want.

- \* Give them a hand up & not a hand out, because a hand out is short term
- \* First identify the real need
- \* Pay attention to their actions & not just their words

2. Set Healthy Boundaries

Mark 1:35

If you are not healthy, you cannot help other people.

- \* Set time boundaries
- \* Set healthy resource boundaries- tell people what they can expect.

3. Allow needy people to face their consequences.

- \* Luke 15- the lost son
- \* Sometimes rescuing people is not the right thing to do

Prayer:

Pray for the needy people in your world & that God will give you the wisdom to help meet the needs of those around us.

