**The Book Of Proverbs – Gaslighting: What It Means And How To Respond**

**\*\* As we begin:**

* The goal of someone who gaslights another is to get us to question what we have said and/or the intent behind our words.
* Gaslighters question our integrity. They manipulate what we say to gain power over us. They will lie and question what we think or say. They mislead us. They expect us to accept and believe what they say, even when reality and the facts say they are wrong.

**Three Marks Of A Gaslighter**

 

**Gaslighters are liars and deceivers – Pro. 6:16-19**

* **Vs. 16** may be a little difficult to understand. When we read that seven things are an abomination to God, the point is to stress the final item in a list, the cumulation of what was previously noted.
* J. Vernon McGee says the number seven means God has a complete hatred of these things.
* The word “lying” in **vs. 17** describes someone who deceives or betrays another. They lie, and they are frauds. The truth does not matter to them.
* **Pro. 26:28** tells us that a liar literally hates those they are talking about. The word “victims” is a person who is “distressed, crushed.” Gaslighters try to make you feel that you are wrong and confused.

**Gaslighters do not think objectively – Pro. 18:2**

* **Pro. 18:2** tells us that a fool takes no pleasure in understanding. They refuse to consider any facts.
* The word “no” here is an absolute negation. They have no interest beyond what they think.
* The word “pleasure” means “to be mindful of, attentive to.” Gaslighters don’t listen to others.
* As **vs. 2** notes, they want to “express their opinion.” Nothing else matters.

**Gaslighters slander others – Pro. 10:18**

* A “fool” ignores God’s rule and mock at sin. They are rash and unreasonable.
* The word “slander” has the idea of “whispering”, defaming someone, giving an evil report. Slander is intentional and is aimed at ruining people.

**How To Respond To Gaslighters**

**Stay away from them – Pro. 14:7**

* The word “leave” is a command, an exhortation. Get away or limit our interaction with this person.
* **Point:** Set boundaries. Do not allow them time to do their dirty work. Protect ourselves spiritually.

**Surround yourself with people of wisdom and grace – Pro. 13:20**

* Interact with people who will help us become wise.
* **Point:** Gaslighters need Christ, but that does not mean we have to be in the line of fire. Share Christ if given the opportunity.

**Confront them – Pro. 26:4-5**

* A good explanation of vs. 4 is seen in Jesus’ response to the Sadducees in **Mt. 22:23-33**.
* **Vs. 4** reminds us not to be pulled down to the level of the gaslighter. Do not get into arguments.
* **Vs. 4** shows that a fool’s questions and thoughts are based on wrong reasoning.
* **Vs. 5** tells us we should confront them. Note the end of **vs. 5** where it tells us that we are to speak the truth, show the wrong thinking of the person, and leave it at that.
* **Point:** State the facts and walk away because the gaslighter wants to control the situation. Speak the truth and leave it there. Pray for wisdom from God on whether to confront or not.

**Stay true to your Biblical values – Pro. 11:3**

* Gaslighters will try to get us off-track, to question our values, our Biblical worldview.
* Three key words are found in this verse, and they go together. First is “integrity.” We live what we believe, we handle life in the right way and even if someone says something about us, it is found too not be true.
* The second word is “upright.” Do what is pleasing to God and follow Him. That shows integrity.
* The third word is “guides.” Our integrity, our walk with God, directs our life, all we say and do. And we will not gaslight others if we follow the Scriptures. Stay grounded in the Word of God.
* Stand by our values even when we are under attack.