Women: Recognizing Red Flags in Dating



A 7-day plan to help women discern red flags and avoid narcissistic relationships before marriage.





Table of contents

<u>Introduction</u>	3
Day 1: P Identifying Narcissistic Traits	4
Day 2: Recognizing Manipulation Tactics	10
Day 3: The Impact of Narcissistic Relationships	16
Day 4: Setting Healthy Boundaries	22
Day 5: Embracing Godly Love	28
<u>Day 6: ♥ Trusting God's Timing</u>	34
Day 7: XX Walking Forward with Wisdom	40







Introduction

Dating with discernment is a vital part of honoring God and protecting your heart. In a world where relationships often come with complexities, recognizing red flags early helps you make wise, God-honoring decisions. This study is designed especially for women seeking to avoid narcissistic partners and build a foundation of love that reflects Christ's truth.

Narcissism, characterized by selfishness, manipulation, and lack of empathy, can deeply hurt those who enter relationships without clear boundaries and Biblical wisdom. But God calls us to love wisely, to guard our hearts (**Proverbs 4:23**), and to seek partners who walk in humility and love (**1 Corinthians 13**).

Throughout this study, you will explore Scripture that reveals both God's design for relationships and the qualities that signal danger in dating. With daily devotionals, reflection questions, journaling prompts, and prayers, you will grow in discernment, learn to identify unhealthy traits, and gain courage to set boundaries.

Remember, God's love is your foundation. He desires that your relationships be rooted in respect, kindness, and selflessness—qualities that reflect Christ's own heart for us. As you walk this journey, may you find strength in His Word to choose wisely and seek a relationship aligned with His purposes.

















Day 1: \wp Identifying Narcissistic Traits

Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

Supporting Scriptures

- Galatians 5:22-23 "But the fruit of the Spirit is love, joy, peace..."
- Romans 12:9 "Love must be sincere. Hate what is evil; cling to what is good."







Day 1: Day 1: Day 1:

Devotional: Guarding Your Heart Starts With Awareness

Guarding your heart begins with knowing what to watch for. Narcissistic individuals often display charm but lack genuine concern for others, focusing instead on their own needs and desires. Proverbs 4:23 reminds us to protect our hearts because our lives flow from them. A partner's actions often reveal true character. Look beyond surface-level charm to see if love is sincere or self-centered.

Fruit of the Spirit in a partner is a key indicator. Galatians 5:22–23 describes love full of patience, kindness, and humility—traits typically missing in narcissistic personalities. Romans 12:9 emphasizes genuine love and rejecting evil. As you date, ask whether your partner's words and actions reflect God's love or selfishness.

Discernment comes through prayer and Scripture. Guarding your heart means being alert for patterns of manipulation, control, or disrespect. Trust your instincts, seek wise counsel, and always place God's Word first in measuring a relationship.







Day 1: \wp Identifying Narcissistic Traits

Reflect and Apply

1.	What feelings arise when you consider 'guarding your heart' in dating?
	Have you noticed any behaviors in past relationships that seemed self-centered or manipulative?
	How does the fruit of the Spirit compare to the behaviors you have experienced or witnessed in dating?







Day 1: \wp Identifying Narcissistic Traits

Journaling Prompts

1.	List qualities you believe reflect genuine love in a partner.
2.	Write about a time you ignored or overlooked a red flag in a relationship.
	Reflect on how God's Word can help you guard your heart moving forward.







Day 1: Day 1: Day 1:

Prayer for Today

Lord, help me guard my heart wisely. Give me eyes to see red flags and the courage to walk away from what is not of You. Teach me to love with Your heart, to seek truth, and to value myself as Your beloved daughter. Protect me from selfishness and deception, and guide me to a relationship rooted in Your love and faithfulness. In Jesus' name, Amen.















Your Verse

2 Timothy 3:13 - "While evildoers and impostors will go from bad to worse, deceiving and being deceived."

Supporting Scriptures

- Ephesians 4:25 "Therefore each of you must put off falsehood and speak truthfully to your neighbor."
- Psalm 34:14 "Turn from evil and do good; seek peace and pursue it."







Devotional: Discern Deceptive Actions Early On

Manipulation often hides behind seemingly kind gestures but aims to control or deceive. In 2 Timothy 3:13, Paul warns us that deceivers will continue in their ways, but God calls us to truth and peace. Recognizing manipulation is essential for safeguarding your emotional and spiritual well-being.

Manipulators might use guilt, charm, or exaggerate to get their way—tactics that distort love into control. Ephesians 4:25 calls us to honesty and transparency in relationships, which are the opposite of manipulation. Psalm 34:14 reminds us to seek peace, a hallmark of healthy connections.

Prayerfully ask God for clarity. If you notice inconsistencies, excuses, or pressure to compromise your boundaries, these may signal manipulation. A relationship based on deception cannot thrive in God's truth.







Reflect and Apply

	What signs of manipulation have you observed in others' relationships or your own dating experiences?
2.	How does God's call to truth impact your expectations in a partner?
	In what ways can seeking peace guide your decisions when red flags appear?







Journaling Prompts

1.	Describe a situation where you felt pressured or controlled in a relationship.
2.	Write how honesty and peace look in the ideal relationship God wants for you.
3.	List questions you will ask yourself to detect manipulation early.







Prayer for Today

Father, give me the wisdom to see manipulation for what it is. Help me speak truth and demand honesty in my relationships. Lead me toward peace and away from deception. Guard my heart and mind with Your Spirit, and teach me to trust Your guidance in every dating decision. Amen. 🛠 🔾 🕡







Day 3: The Impact of Narcissistic Relationships









Day 3: 💔 The Impact of Narcissistic Relationships

Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 2 Corinthians 1:3-4 "The God of all comfort, who comforts us in all our troubles..."







Day 3: 💔 The Impact of Narcissistic Relationships

Devotional: Healing From Pain and Betrayal

Narcissistic relationships often leave deep wounds in the heart and spirit.

Psalm 34:18 reminds us that God is near to the brokenhearted. If you have experienced manipulation or emotional harm, you are not alone, and healing is possible through His love.

God promises His presence and strength. Isaiah 41:10 assures us that God does not abandon us in our pain. Instead, He empowers us to stand strong and rebuild what was broken. 2 Corinthians 1:3–4 encourages us with the God of all comfort, who comforts us in every trouble, so we can comfort others in turn.

Recognizing the impact of a harmful relationship helps you seek support, establish healthy boundaries, and trust God's guiding hand. Healing begins when you release pain to Him and embrace His restoration.







Day 3: 🍑 The Impact of Narcissistic Relationships

Reflect and Apply

	In what ways have difficult relationships affected your emotional or spiritual health?
2.	How can God's presence bring comfort and hope amid heartbreak?
	What steps can you take to move towards healing and healthy relationships?







Day 3: 🍑 The Impact of Narcissistic Relationships

Journaling Prompts

	Write about a time you felt brokenhearted and how you sought God's comfort.
2.	Reflect on God's promises to be with you in difficult times.
3.	List ways you can support yourself emotionally while seeking healing.







Day 3: 🍑 The Impact of Narcissistic Relationships

Prayer for Today

Dear Lord, You are close to my broken heart. In moments of pain, help me lean on Your strength and comfort. Heal the wounds caused by hurtful relationships and teach me to forgive, renew, and hope again. Surround me with Your peace and guide me toward wholeness and joy in You. Amen.



















Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Supporting Scriptures

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""
- Proverbs 25:17 "Seldom set foot in your neighbor's house—too much of you, and they will hate you."







Devotional: Freedom Through Boundaries

Boundaries are essential for emotional and spiritual freedom. Galatians 5:1 reminds us that Christ has freed us from bondage, including unhealthy relational dynamics. Standing firm in your decisions protects your God-given freedom.

Clear communication is key. Matthew 5:37 advises that your words be simple and truthful. Saying 'No' when appropriate safeguards your heart and prevents being dragged into unhealthy situations. Proverbs 25:17 warns against overstepping and pushing beyond limits, which could lead to resentment and harm.

Setting boundaries is an act of self-respect and obedience to God's call to love yourself as He does. Healthy boundaries demonstrate a mature faith and desire for relationships marked by mutual honor and respect. Prayerfully choose what you will allow and where to draw the line, trusting God to support your choices.







Reflect and Apply

1.	Where in your life do you struggle to set boundaries?
2.	How does Christ's freedom empower you to say 'No' to unhealthy relationships?
3.	What boundaries are non-negotiable for you in dating?







Journaling Prompts

	List boundaries you want to establish in your current or future relationships.
2.	Write about a time setting a boundary led to a positive outcome.
3.	Reflect on how saying 'No' can be a form of love and protection.







Prayer for Today

Father, thank You for setting me free. Help me stand firm in setting boundaries that protect my heart and honor You. Give me courage to say 'No' when needed and wisdom to recognize when boundaries are crossed. Strengthen me to walk in freedom and guide me into healthy relationships rooted in Your love. Amen.

















Day 5: W Embracing Godly Love

Your Verse

1 Corinthians 13:4-7 - "Love is patient, love is kind... it keeps no record of wrongs."

Supporting Scriptures

- Ephesians 5:25 "Husbands, love your wives, just as Christ loved the church."
- John 15:12 "My command is this: Love each other as I have loved you."







Day 5: W Embracing Godly Love

Devotional: The Standard of True Love

God's love sets the standard for how we give and receive love. 1 Corinthians 13 beautifully describes love as patient, kind, and humble—qualities that contrast sharply with narcissistic behavior. Genuine love seeks the good of others and forgives freely without keeping score.

In Ephesians 5:25, husbands are called to love sacrificially, mirroring Christ's love for the church. Jesus commands us in John 15:12 to love others as He loved us, with humility and selflessness. This godly love is transformative, healing, and freeing.

As you evaluate relationships, measure love by these Biblical qualities. Do you see patience, kindness, and humility? Or is self-interest and control prevailing? Embrace God's love personally so you can recognize healthy love in others and embody it yourself.







Day 5: V Embracing Godly Love

Reflect and Apply

1.	How does God's definition of love differ from what culture often portrays?
2.	In what ways can you cultivate godly love within yourself first?
3.	What behaviors in a partner reflect true, Christ-like love?







Day 5: W Embracing Godly Love

Journaling Prompts

1.	Write about what love means to you based on Scripture.
2.	Describe how you want to express love in your relationships.
	Reflect on whether your past experiences align with 1 Corinthians 13 qualities.







Day 5: W Embracing Godly Love

Prayer for Today

Lord, teach me to love as You love. Fill my heart with patience, kindness, and humility. Help me recognize true love and avoid relationships that lack Your grace. May Your love transform me so I can reflect Your light and honor You in all my relationships. Amen.

















Your Verse

Ecclesiastes 3:1 - "There is a time for everything, and a season for every activity under the heavens."

Supporting Scriptures

- Psalm 27:14 "Wait for the Lord; be strong and take heart and wait for the Lord."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Patience in God's Perfect Plan

Rushing relationships can lead to overlooking red flags and hurt. Ecclesiastes 3:1 reminds us that God ordains the perfect timing for every season, including love and marriage. Waiting on Him brings peace and clarity.

Psalm 27:14 encourages us to be strong and patient as we wait, knowing God's plan is best. Isaiah 40:31 promises renewed strength for those who hope in the Lord. Trusting Him means releasing anxiety and surrendering control over dating timelines.

When you trust God's timing, you guard your heart from impulsive decisions. Embrace this season of waiting as an opportunity for growth, deeper relationship with God, and preparation for a future that blesses you and glorifies Him.







Reflect and Apply

1.	How do you typically handle waiting in relationships or life decisions?
	What fears or hopes come up when you think about God's timing in marriage?
3.	How can trusting God change your approach to dating?







Journaling Prompts

1.	Write about a Biblical example of God's timing impacting someone's life.
2.	Reflect on how waiting has been positive in other areas of your life.
3.	List ways you can cultivate patience and trust in God daily.







Prayer for Today

Lord, teach me to trust Your perfect timing. Help me be patient and strong as I wait on You. Renew my hope and guard my heart from rushing into hurtful relationships. Fill me with peace and confidence that Your plan for love and marriage is best. Amen. $\square \bigtriangleup$







Day 7: XX Walking Forward with Wisdom









Day 7: 💥 Walking Forward with Wisdom

Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."

Supporting Scriptures

- Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding."
- Colossians 3:17 "Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus."







Day 7: 💥 Walking Forward with Wisdom

Devotional: Seeking God's Wisdom in Relationships

Wisdom is crucial in navigating dating and recognizing red flags. James 1:5 invites us to ask God for wisdom generously and without judgment. Trust God to guide your heart and mind.

Proverbs 3:5-6 teaches us to trust God fully, not relying on our own understanding. When you submit your relationships to Him, He will make your path straight. Colossians 3:17 reminds us to do everything, including dating decisions, in Jesus' name—to honor Him with our choices.

As you move forward, seek God's wisdom continually. Pray for discernment, listen to trusted counsel, and remain grounded in Scripture. Remember, God desires joyful, healthy relationships that reflect His glory.







Day 7: 🎇 Walking Forward with Wisdom

Reflect and Apply

1.	In what ways can you better seek God's wisdom in your dating life?
	How might trusting God change your perspective on challenging relationship decisions?
3.	What role do prayer and Scripture play in your relational choices?







Day 7: 🎇 Walking Forward with Wisdom

Journaling Prompts

1.	Write a prayer asking God for wisdom in your future relationships.
2.	Describe a situation where trusting God brought clarity or peace.
3.	Reflect on how you can keep Christ central in all your dating decisions.







Day 7: 💥 Walking Forward with Wisdom

Prayer for Today

Heavenly Father, I ask for Your wisdom. Guide my heart and mind as I navigate relationships. Help me trust You fully and honor You in every choice. Teach me to discern red flags and walk confidently on the path You have set. Thank You for your faithful guidance and love. In Jesus' name, Amen. 💥 🙏







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