

3 SIMPLE STEPS

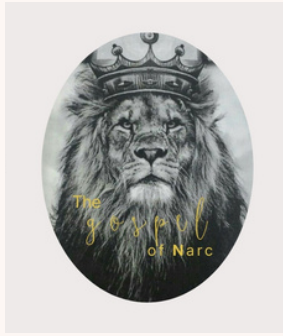
to spot a Narc fast!



BIBLICAL SOLUTIONS FOR NARCISSISTIC ABUSE.

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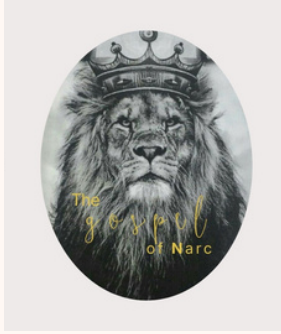


LIVE IN PEACE

#1 - Peace

~Live in Peace. Using the peace of the Holy Spirit to lead and guide you into all truth is a key pillar in keeping us safe from narcissists. As you learn to live in the peace of God, any disruption in your peace is a sign that God is calling you to pay attention as to why.

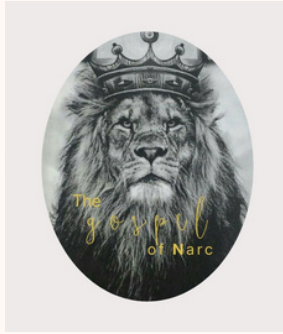
Walking in peace is the key that unlocks the door of discernment. A lack of peace is the first indicator that the Holy Spirit is trying to show you something. The Lord could be pointing out something hidden within your own heart that He wants to remove, correct or heal. Once you go through that process of self examination in the light of truth, He may then lead you to watch and pray for Him to reveal the hearts of those around you that are causing a disruption in your peace.



LOOK FOR FRUIT

#2 - Look for Fruit

~Inspect the Fruit. Jesus tells us that a tree is known by its fruit. Fruit is depicted by patterns of behavior over time. The bible speaks about the Fruit of the Spirit in Galatians 5:22. This kind of Spiritual 'Fruit' can only be displayed by those that have a connection to the Holy Spirit. The bible lists these as Love, Joy, Peace, Patience, Kindness, Meekness, Gentleness and Self Control. Another key Fruit of the Spirit is honesty and truth telling. If you see continual patterns of behavior that don't align with the 'Fruit of the Spirit' then you have to watch and pray for the Lord to give you clarity. We first must inspect our own hearts to determine what fruit we need to cultivate, we then look into the lives of those disrupting our peace to discern their 'fruit'.



BUILD YOUR BOUNDARIES

#3 - Build Boundaries

~ Build Clear Boundaries. Your boundaries are clear limits that you set around yourself to protect your emotional, physical and spiritual well being. Boundaries help to protect your personhood and peace. Only you can decide what your boundaries should be. Your boundaries work best when clearly defined & communicated. Boundary setting feels rude and insensitive at first, it takes practice and time to build them. As you learn to set clear and healthy boundaries, watch for the reactions of those around you to your boundaries. Those that respect your boundaries are people that can be trusted over time. However those that get upset, annoyed or crash your boundaries reveal themselves as having narcissistic tendencies.



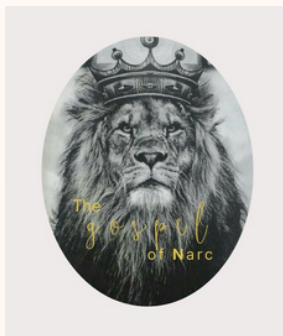
KEYS OF DISCERNMENT

Using the tools

~Use these 3 steps as tools of discernment. When it comes to discernment we always practice on ourselves first. Jesus tells us to remove the 'log' from our own eye before we try to see the 'spec' in our brothers eye.
Matthew 3:5-7

As we allow the Holy Spirit to point out the things in our hearts that need healing, the sin in our lives that we need to let go of and our fleshly way of thinking, we sharpen our discernment to be able to discern ourselves and those that are around us.

When we feel our peace is disrupted, we make sure to strengthen our boundaries, state them clearly, & watch and pray to discern the fruit.



PRACTICE SELF DISCERNMENT

Put it into Practice

NOTE: When you experience a disruption in your peace, answer the following questions regarding YOURSELF to help you practice your discernment.

1. **Peace** (what specific situation made me loose my peace?)
2. **Examine** (Have I examined myself for hidden sin, fleshly mindsets, insecurity, fear or selfish motives ?)
3. **Fruit** (Am I producing fruit of the spirit? Love, joy, peace, patience, kindness, truth & forgiveness?)
4. **Prayer** (Have I gone before God in prayer asking for clarity & guidance on how to respond?)
5. **Scripture** (Have I searched the scripture for examples or wisdom that relates to my situation?)

Review your answers above and write your observations & your corresponding actions

1st Key Observation~ Peace

Action 1

2nd Key Observation ~Boundaries

Action 2

3rd Key Observation ~ Fruit

Action 3



PRACTICE DISCERNMENT OF OTHERS

Put it into Practice

NOTE: When you experience a disruption in your peace, answer the following questions regarding THE OTHER PERSON to help you practice your discernment.

1. **Peace** (what did they do or say that caused me a lack of peace?)
2. **Examine** (Do they disrespect or crash my boundaries? Do they engage in overt sin, fleshly mindsets, deception, controlling behavior, manipulation or selfish motives? Do they ignore my wants and needs?)
3. **Fruit** Do they consistently produce more good fruit than bad in their closest relationships? OR do they exhibit a troubling pattern of bad fruit)
4. **Prayer** (Have I gone before God in prayer asking for clarity & guidance in how to respond?)
5. **Scripture** (Have I searched the scripture for examples or wisdom that relates to this specific situation?)

Review your answers above and write your observations & your corresponding actions

1st Key Observation~ Peace

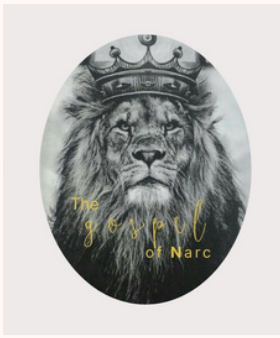
Action 1

2nd Key Observation ~Boundaries

Action 2

3rd Key Observation ~ Fruit

Action 3



DISCERNMENT REVIEW

Personal Observations

What daily practices help me stay in peace?

What new boundaries have I put into place?

What have been others responses to my boundaries?

What could I do differently to maintain my peace?

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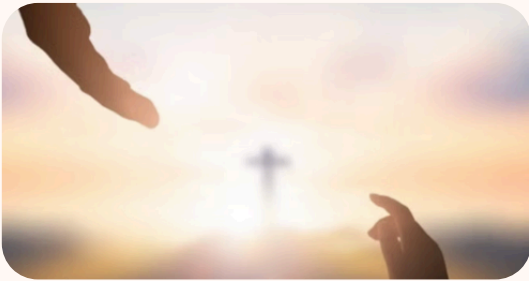
A video & workbook mini course detailing your need for
healing and restoration after abuse. Learn how trauma
adversely affects your identity and relationship with God.
Gain clarity and courage to begin your healing journey.

Digital Course

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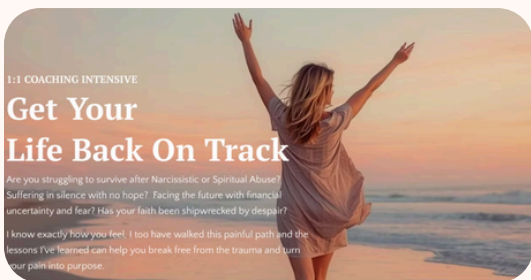


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\$575

8 Week Group Healing & 4-Private 1:1 Zoom Sessions - Clarity & Healing from narcissistic & spiritual abuse

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6 Week Spiritual Healing Program

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12 Week Intensive Program

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