



# Red Flags

## Red Flags in Dating

Sermon Recap

### Conversation Starters:

- What was your mindset about dating and relationships before understanding what God says about them?
- As you reflect upon your past dates, what were your objectives in the relationship(s)?
- What are your new objectives in relationships now that you understand some of the Red Flags that apply not only to dating but also to interpersonal relationships?

**Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or questions they have. If your members have a hard time remembering, share your notes and favorite points.**

### Reflect:

1.) Read [Proverbs 27:12](#) NCV: Pastor Jason said: "If you're not ready for **Marriage**, then you're not ready for **Dating**. Don't give someone **Your Heart** if God doesn't **Have Theirs**."

**How does each of these two truths speak to you?** (Please be specific and complete with your answer for each truth.)

Read [Psalms 119:115](#) NLT: Pastor Jason also provided 21 Red Flags in Dating:

- They're not ready to settle down
- They want to keep your relationship a secret
- When they treat you sweet, but others totally different
- You don't have healthy conflict. (They don't fight fair)
- They immediately tell you they love you and start talking marriage
- They cut off all their friends to be with you and expect you to do the same
- They always blame others for their mistakes
- They never listen to you, or ask about your heart, your feelings, or your interests
- They worship the narcissistic trinity of me, myself, and I
- They put you on a pedestal of perfection and they idolize you
- You can't be yourself around them
- They want to control everything
- Those you love don't love the person you're dating
- They don't share your faith, values, or vision
- All their heroes are dark and twisted
- You're being abused or manipulated





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- You can't trust them
- They're cheating on you
- You or they are just coming out of a hurt relationship. (Put your heart in God's hands, not in human hands.)
- They are secretive and hide things from you, money, debt, etc..
- The only attraction is looks

- Visit each of the 21 **Red Flags** and share the practical consequences for not heeding the warning in that area.

2.) Pastor Jason shared four revelations you need to break toxic relational patterns:

You can't **Fix Them** - [Galatians 6:1-5](#) NIV. You're not **Valuing Yourself Enough** - [Psalm 139:13-14](#) NCV. You allow them to **Guilt Trip You** - [Galatians 1:10](#) NLT. What you find **Normal Isn't Healthy** - [Ephesians 4:22](#) NIV.

**How does the wrong mindset in each area serve to keep us bound?** (Identify the wrong mindsets)

**How does a proper mindset in each of the four areas equip us to overcome toxic relationship patterns in alignment with God's Word?** (Identify the right mindsets)

### Apply It:

At the end of the day our alignment with God and His Word is what empowers us and sets us free. All we have to do is obey Him. Many of us have grown up crooked in one way or another or in numerous ways; maybe through the dysfunction of our families, maybe through worldly truths that we've chosen to embrace, or maybe by friends or people of authority that influenced us in the wrong ways. It's never too late to renew your mind in the Word of God. Determine if any **Red Flags** apply to you. If they do, search out what God says about where you may be struggling to love others authentically. Know the truth, obey the truth, and be set free by the truth.

### Prayer Requests and Closing Prayer:

**Ask your group members if they have a prayer request. Write them down and continue to pray for them during the week.**

Father, many of us have grown up in dysfunction and have embraced dysfunctional behaviors as functional. We've been duped by society, by life itself, and sometimes by our own families. Your Word is true. Your Word shows us the way. Help us surrender to the truths about ourselves so we can place our humanity at Your feet in surrender. In Your Word we are healed, in Christ we pray, amen.

