



ONLINE COURSE | Mate Matching 201
WEEK 5: RED FLAGS

FIVE RED FLAGS

- **Incongruity:** Their words and actions don't align.
 - I've noticed that what they say and what they do often don't match. It leaves me confused and questioning their integrity. Spiritually, I've had to lean into prayer for discernment (**James 1:5**). I ask God to help me see clearly and not be swayed by charm or empty promises. I'm learning to trust the fruit of someone's life more than their words (**Matthew 7:16**).
 - **My Prayer:** "Lord, help me to see truth clearly and give me the courage to act in alignment with Your wisdom."
- **Inconsistency:** Their presence, emotions, or intentions constantly shift.
 - There's a lack of stability, and it's hard to know where I stand. Spiritually, I've taken this as a sign to anchor myself more deeply in God, who is unchanging (**Hebrews 13:8**). I'm learning not to base my peace on someone else's unpredictability. Instead, I set healthy boundaries and watch whether they are willing to grow into consistency.
 - **My Prayer:** "Father, let Your steadiness be my anchor. If this person is meant to walk with me, align their heart with Your consistency."
- **Insincerity:** Something feels performative or dishonest.
 - There's a lack of emotional honesty or depth. I find myself questioning whether what they say is truly coming from the heart. Spiritually, I've asked God to reveal what's hidden (**Luke 8:17**) and to give me peace about what I feel in my spirit. I also examine my own heart to make sure I'm not ignoring red flags out of loneliness or fear.
 - **My Prayer:** "Holy Spirit, expose what's false and lead me into truth. Let there be no deception in what I'm building."

