



# 7 RED FLAGS He's Weaponizing Faith

A guide for Christian women to identify religious manipulation in relationships

BY JOANNA | HOT MEETS HOLY 🔥虔

# Dear Sister,

I'm writing this because I know your heart. You long for a partner who shares your spiritual journey. I once thought I found him. He called himself "a man of faith," and his words, at first, felt comforting. But beneath that surface, something sinister was at play.

Slowly, he started using scripture against me. Verses about submission, modesty, or service weren't about mutual respect. Instead, they became demands for blind obedience. My desire for spiritual growth turned into a tool for his control. I felt never good enough, always trying but failing to meet his "godly" standards.

He shamed me. He twisted my words and made me doubt my own memory. He used scripture to condemn me, all while acting spiritually superior. I felt confused, alone, and increasingly unsure of myself. I was constantly walking on eggshells. Was I really so flawed? Was this what God wanted for me?

I stayed, believing faith required unwavering commitment. But my spirit was slowly breaking down. The confusion was painful, and the self-doubt crippling. It took a profound moment of clarity—a quiet whisper from God amidst the chaos—to see the truth.

That's when God showed me the clear difference between:

- Men who **USE** faith to dominate, isolate, and control. They twist God's word for selfish gain. They demand submission, steal your joy, and leave you feeling less than.
- Men who **LIVE** faith with love, humility, and genuine respect. They build you up, celebrate your strengths, and reflect Christ's love as an equal.

This guide will help you see the subtle tactics I wish I'd noticed sooner. So you can reclaim your peace, your worth, and your true spiritual path. You deserve a man whose faith builds you UP, not tears you DOWN.

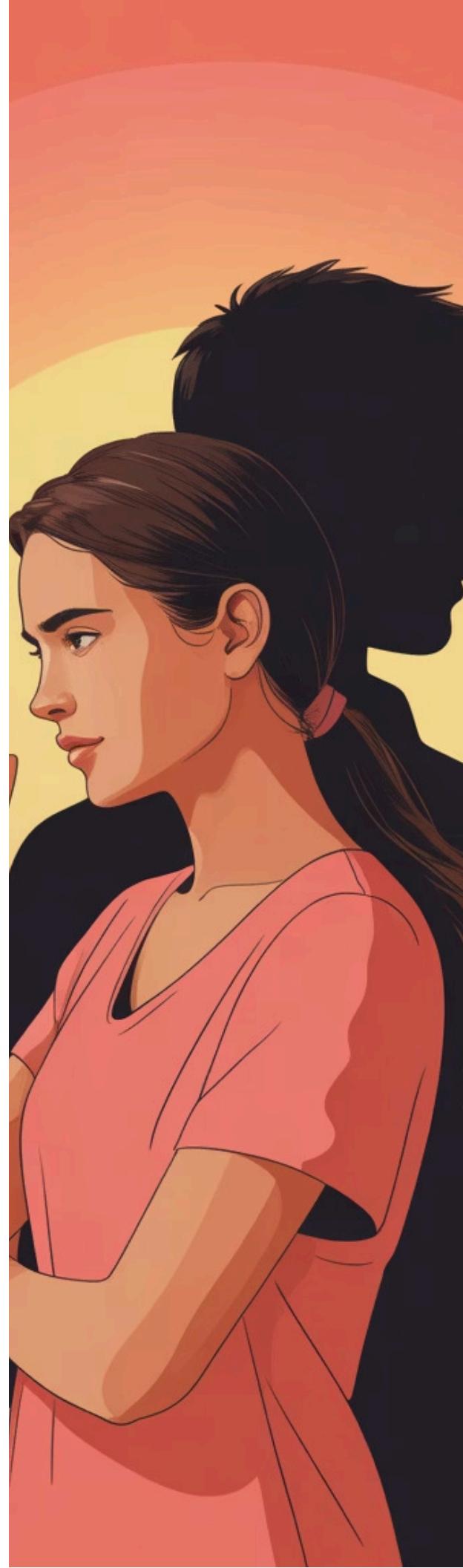


# RED FLAG #1 He judges YOUR faith but doesn't live his own

## WHAT IT LOOKS LIKE:

- Criticizes your spiritual practices
- Tells you what's "of God" and what's "of the Devil"
- Positions himself as the authority
- But his actions don't match his words

**SCRIPTURE:** "They claim to know God, but by their actions they deny him." – Titus 1:16





## RED FLAG #2 He uses scripture to control your behavior



### WHAT IT LOOKS LIKE:

- Quotes Bible verses to manipulate you
- Uses "submission" to demand obedience
- Weaponizes "biblical roles" for control
- You feel guilty for having boundaries

**SCRIPTURE:** "Love is patient, love is kind... it does not dishonor others, it is not self-seeking." – 1 Corinthians 13:4–5

# RED FLAG #3 He shames you for things HE participates in

## WHAT IT LOOKS LIKE:

- Sexual hypocrisy (shames you but is inappropriate himself)
- "Do as I say, not as I do"
- Makes you feel guilty for mutual decisions
- Double standards everywhere



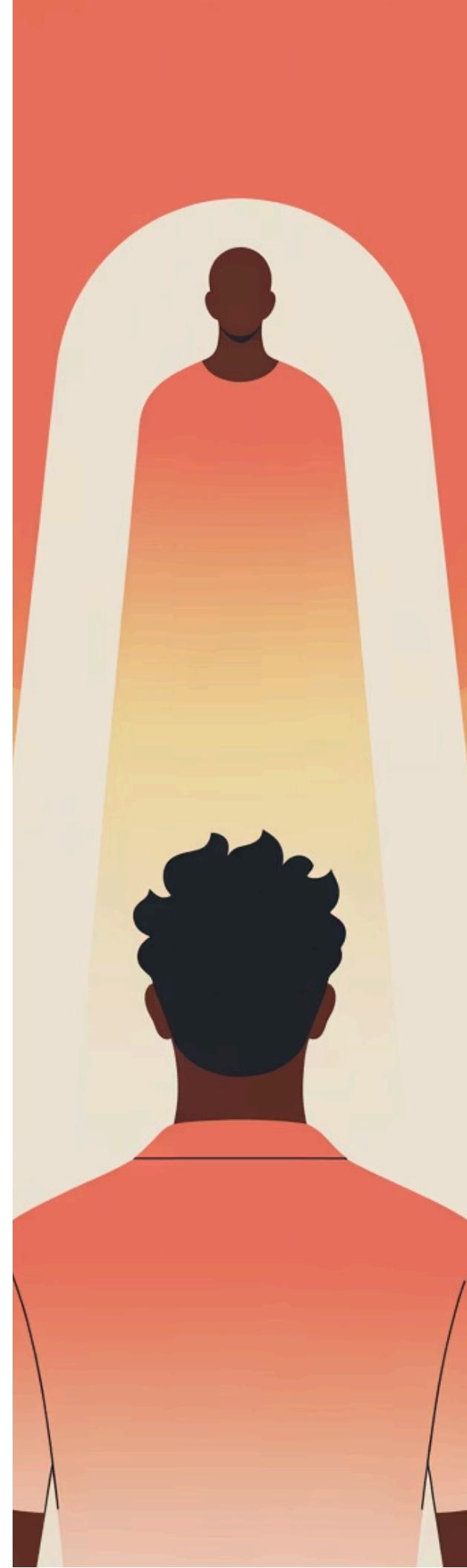
**SCRIPTURE:** "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" – Matthew 7:3

# RED FLAG #4 He positions himself as spiritually superior

**SCRIPTURE:** "God opposes the proud but shows favor to the humble." – James 4:6

## WHAT IT LOOKS LIKE:

- Acts like he's "more holy" than you
- Implies you're not faithful enough
- Talks down about your faith journey
- You feel "less than" spiritually





# RED FLAG #5 You feel "not holy enough" around him



## Walking on eggshells spiritually

Constantly monitoring your words and actions to avoid spiritual criticism



## Second-guessing your relationship with God

Doubting your own faith journey because of his judgments



## Feeling shame instead of grace

Experiencing condemnation rather than the freedom Christ offers



## Never measuring up to his "standards"

Constantly falling short of his impossible spiritual expectations

**SCRIPTURE:** "There is now no condemnation for those who are in Christ Jesus." – Romans 8:1

# RED FLAG #6 He criticizes your spiritual practices



- **Mocks your prayer life**  
Dismisses the way you connect with God as inadequate or wrong
- **Dismisses your devotional practices**  
Makes fun of how you spend time in worship and study
- **Calls your spiritual interests "worldly"**  
Labels your genuine faith expressions as ungodly
- **His way is the only "right" way**  
Refuses to accept any approach to faith other than his own

**SCRIPTURE:** "Accept the one whose faith is weak, without quarreling over disputable matters." – Romans 14:1



# RED FLAG #7 His words say "faith" but his actions say otherwise

## Empty Talk

Talks about God constantly but doesn't show fruit of the Spirit

## Missing Fruit

No love, joy, peace, patience, kindness in his behavior

## Performance

Religious performance, not authentic relationship with God

## The Disconnect

You see the gap between his words and his actions

**SCRIPTURE:** "By their fruit you will recognize them." - Matthew 7:16

# What **HEALTHY** Faith-Based Love Looks Like

## 7 Green Flags of a Man Who Lives His Faith

1

### His Actions Match His Words

He consistently demonstrates integrity and sincerity, matching his words with his actions.

2

### He Encourages Your Relationship with God

He celebrates your spiritual journey and supports your connection with God without control.

3

### He Shows Humility About His Own Faith

He humbly acknowledges his imperfections, approaching faith with grace, not superiority.

4

### He Respects Your Spiritual Practices

He values and respects your chosen spiritual practices and expressions of faith.

5

### He Demonstrates the Fruit of the Spirit

His character consistently manifests love, joy, peace, kindness, and self-control.

6

### He Takes Accountability for His Actions

He owns his mistakes, seeks forgiveness, and actively works towards reconciliation and growth.

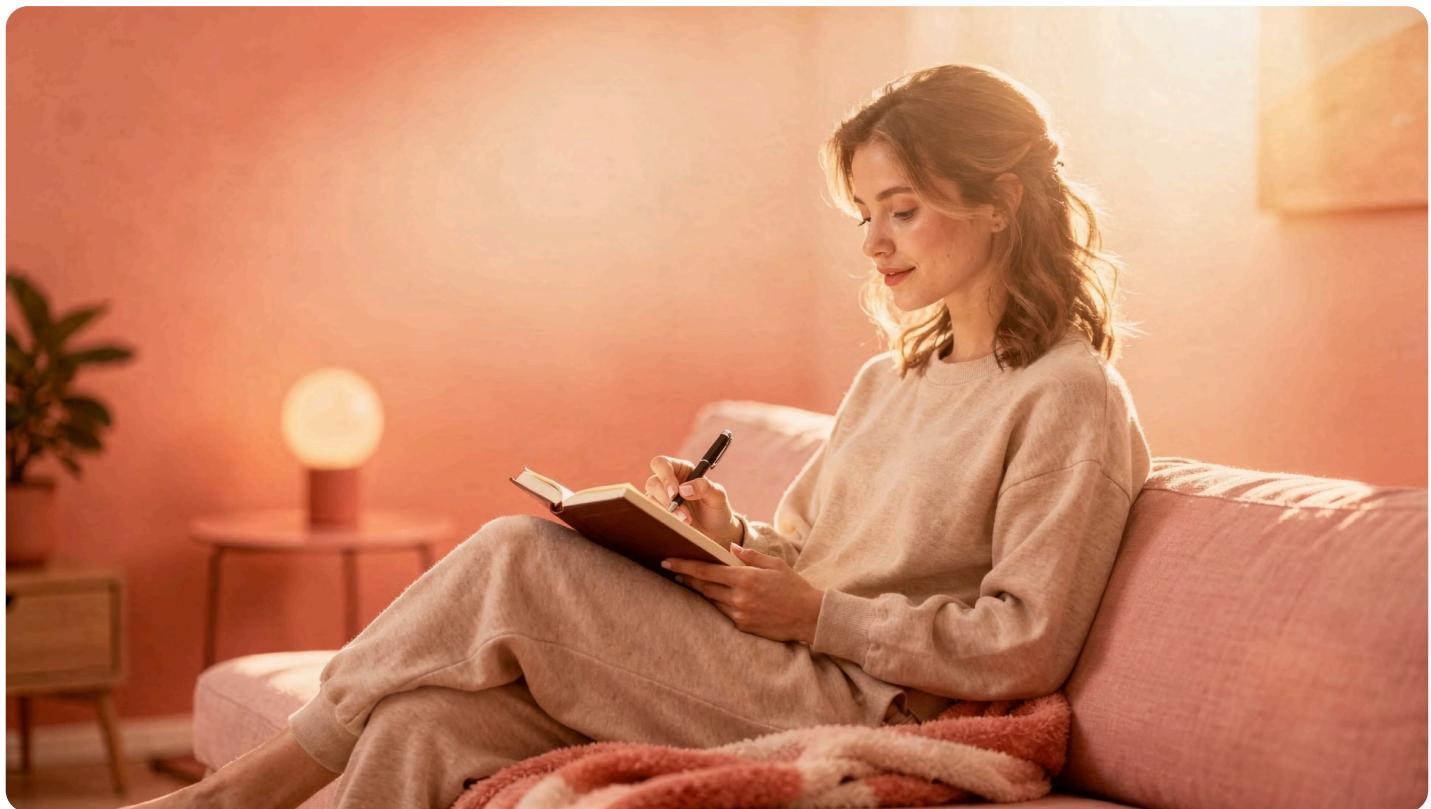
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### You Feel Spiritually Uplifted Around Him

His presence inspires peace, draws you closer to God, and leaves you feeling valued.

**SCRIPTURE:** "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." – Galatians 5:22–23

# Which Red Flag Resonated Most With You?



Take a moment to pause and reflect on what you've just read. Sometimes naming what we've experienced is the first step toward healing.

Which of these red flags felt most familiar to you?

What patterns are you starting to recognize in your relationship?

You don't have to have all the answers right now. Simply acknowledging what you've been through is an act of courage and self-love.

When you're ready, there's a community of women who understand exactly what you're going through.

# WHAT TO DO IF YOU SEE THESE RED FLAGS

If you recognized your relationship in these red flags:

01

## You're not crazy

This is manipulation, not love. Trust what you're seeing and feeling.

02

## You're not "not faithful enough"

He's weaponizing faith. Your faith is between you and God.

03

## You deserve better

You deserve a man whose faith builds you up, not tears you down.

04

## God's love doesn't manipulate

God's love doesn't shame. God's love doesn't control. God's love doesn't manipulate.

05

## It's okay to leave

Leaving a man who weaponizes faith isn't leaving God. It's trusting God with your life.

06

## Healing is possible

You can recover from religious manipulation and reclaim your faith journey.

07

## Save this guide

You might need to reference these red flags as you navigate your healing journey. Screenshot, download, or bookmark this page so you can return to it whenever you need validation or clarity.

## NEED SUPPORT?

### Join the Hot Meets Holy Inner Circle

A safe space where Christian women support each other through heartbreak, religious manipulation, and toxic relationships. Inside you'll find:

- Daily encouragement and faith-based healing resources
- A judgment-free community who gets it
- Live coaching and Q&A sessions with Joanna
- Tools to rebuild your faith after spiritual abuse
- Support as you learn to chase God, not men

[Join the Inner Circle](#)

Visit: [hotmeetsholy.com](http://hotmeetsholy.com) to see current offers

Chase God, not men who weaponize His name. 🔥

– Joanna

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