

5 Clues to Spotting the Christian Narcissist

Narcissism can be challenging to identify, especially when cloaked in Christian language and behaviors.

Kris Reece, a Christian life coach and author, recently shared insights into identifying “Christian narcissists,” individuals who use their faith to manipulate and control others. In one of her recent videos, Reece outlines five key traits to watch for, offering guidance rooted in biblical teachings.

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1. Lack of True Emotional Intimacy

Reece warns that Christian narcissists struggle with genuine emotional connections. “Trying to connect emotionally with a narcissist is like watering a plastic plant; no matter how much you pour, it’ll never grow,” she says. This mirrors the Bible’s call for genuine love, as seen in Romans 12:9, “Love must be sincere. Hate what is evil; cling to what is good.”

2. Defensive and Aggressive Responses to Criticism

According to Reece, these individuals react negatively to any form of feedback. “You could think that you’re offering constructive feedback to someone who appreciates your advice, but in reality, you’re dealing with a narcissist who perceives anything and everything as an attack,” she explains. In contrast, Proverbs 12:1 emphasizes the value of correction: “Whoever loves discipline loves knowledge, but whoever hates correction is stupid.”

3. Excessive Pride and Self-Focus

Christian narcissists often dominate conversations and seek constant admiration. Reece notes, “Conversations

with them will always be filled with 'me's and 'I's.' This behavior contradicts Philippians 2:3, which advises, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."

4. Manipulative Use of Scripture

Reece cautions against those who misuse Scripture for personal gain. "Even the devil knows Scripture, how they use it," she advises. This warning aligns with 2 Timothy 3:5, which describes individuals who have "a form of godliness but denying its power."

5. Instability and Inconsistency

Reece also highlights the unpredictable nature of Christian narcissists. "Their attitude, mood, and behavior can change like the wind," she says, leaving others feeling off-balance. James 1:8 warns against such instability: "A double-minded man is unstable in all his ways."



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For those navigating relationships with potential Christian narcissists, Reece's insights provide valuable guidance. By recognizing these traits and seeking relationships based on genuine, biblical love, believers can protect their hearts and spiritual well-being.

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James Lasher is Staff Writer for Charisma Media.