

Why Demons Target "Empaths": The Spiritual Reason Narcissists Are Drawn to Your Light

By System Import | Sermon | March 14, 2026

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There is a specific type of person who seems to attract brokenness like a magnet. You are the one people tell their secrets to within five minutes of meeting. You are the one who can walk into a room and instantly feel the heaviness in the air, or the hidden sorrow behind a smile. You feel things deeply—not just your own emotions, but the emotions of everyone around you. The world calls you an "empath." But in the spiritual realm, you are something much more specific. You are a threat. And because of what you carry, you have likely noticed a disturbing pattern in your life: you attract narcissists, manipulators, and "energy vampires" with frightening regularity. It feels like a curse. You wonder, "Why me? Why do I always end up with people who drain me dry?" And before we dive in, if this message is already stirring something in you, hit the subscribe button and stay connected to God's Word daily, because today we are going to uncover the spiritual mechanics behind this battle.

The answer is not that you are weak. The answer is not that you are "too nice." The answer lies in the invisible war between light and darkness. What the world calls an "empath" is often what the Bible describes as a person with the gift of mercy, discernment, or intercession. You are a carrier of light. And in the physics of the spiritual realm, light attracts two things: those who want to be healed by it, and those who want to *consume* it. Narcissists—people driven by pride, control, and a lack of empathy—are essentially spiritual parasites. They are empty, dark wells that desperately need a source of life to sustain their false image. And when they see you—a person overflowing with compassion, grace, and light—they don't just see a partner; they see a food source.

This is not bad luck; it is spiritual warfare. The enemy targets you because your gift of empathy is a weapon. If he can tie you up in a toxic relationship with a narcissist, he can drain your energy, distract you from your purpose, and use your own compassion against you to destroy you. But God wants to flip the script. He wants to turn your empathy from a vulnerability into a fortress. Today, we are going to explore the spiritual reasons why this attraction happens, the biblical identity of the "empath," and how to close the door to the demonic while keeping your heart open to God. It's time to stop being food for the enemy and start being a warrior for the Kingdom.

Number 1: The Gift of Mercy vs. The Spirit of Predation

To understand this dynamic, we must first define what an "empath" actually is in biblical terms. The Bible lists "showing mercy" as a spiritual gift in Romans 12:8. A person with this gift has a supernatural capacity to feel the pain of others and a driving desire to alleviate it. This is the heart of Jesus, who was "moved with compassion" when He saw the crowds. Your sensitivity is not a

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flaw; it is the image of God in you. You are designed to be a vessel of His love to a hurting world. You are a healer by nature.

However, in the fallen world, there is a counterfeit to every truth. Opposite the Spirit of Mercy is what we can call the Spirit of Predation. This is the spirit often operating behind severe narcissism. Scripture describes the enemy as a "roaring lion looking for someone to devour" 1 Peter 5:8. A predator does not hunt stones or trees; a predator hunts *life*. Narcissists are spiritually dead or empty inside. They lack their own source of joy, peace, and self-worth. Therefore, they must hunt for it. They are drawn to you because you have what they lack. You have a "life force"—a vibrancy, a capacity to love, a light—that they crave.

The dynamic is simple but deadly: The Mercy-Giver wants to heal, and the Predator wants to consume. You look at the narcissist and see a wounded child who needs love because that's how you see everyone. You think, "If I just love them enough, I can fix them." The narcissist looks at you and sees a battery they can plug into. They don't want your healing; they want your fuel. This mismatch is why the relationship is a trap. You are pouring water into a bucket with a hole in the bottom. The enemy targets you because your compassion makes you stay longer, try harder, and forgive more than anyone else, giving the predator ample time to drain you dry. You must learn that your gift of mercy was never meant to be cast before swine Matthew 7:6.

Number 2: The "Issachar Anointing" - You See What Others Miss

Another reason you are targeted is that you possess what the Bible calls "discernment of spirits" 1 Corinthians 12:10 or the "Issachar Anointing"—knowing the times and seasons 1 Chronicles 12:32. Empaths are often "Seers." You pick up on atmospheres. You know when someone is lying. You sense the tension in a room before a word is spoken. This makes you dangerous to the kingdom of darkness. The enemy operates in the shadows, using deception and masks to hide his true nature. A narcissist spends their entire life constructing a "false self"—a mask of charm, success, and righteousness—to hide the rot inside.

To the average person, the narcissist looks perfect. But to you? You feel the "check" in your spirit. You sense the coldness behind the smile. You are the one person who can potentially see through their disguise. This makes you a threat that must be neutralized. The enemy sends the narcissist to target you specifically to *blind* you. The strategy is to get close to you, win your trust love-bombing, and then systematically dismantle your confidence in your own perception gaslighting.

If the narcissist can make the "Seer" doubt their own eyes, they are safe. They will tell you, "You're crazy," "You're too sensitive," or "You're imagining things." They do this to disable your spiritual

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radar. The enemy targets you not just to feed on you, but to *silence* you. He knows that if you ever stood in your full authority and called out the spirit operating behind them, you could expose the darkness. So, he tries to entangle you in a web of confusion so deep that you stop trusting the very gift God gave you to detect him. You are targeted because you are a Watchman, and the thief needs the Watchman to be asleep or confused.

Number 3: The "Jezebel" and "Elijah" Dynamic

There is a specific biblical archetype for this battle: the confrontation between the prophet Elijah and Queen Jezebel. Elijah was a man of profound spiritual power, sensitivity, and passion. He carried the fire of God. Jezebel was a woman driven by a spirit of control, manipulation, domination, and witchcraft. She is the biblical prototype of the malignant narcissist. Notice the dynamic: Jezebel hated Elijah. She targeted him. She threatened him. Why? Because he was the only one who refused to bow to her control.

Narcissists are driven by a spirit of control. They need to be the god of their own reality, and they need everyone around them to be worshippers or "supply". An empath, or a person with a prophetic spirit like Elijah, carries an anointing that refuses to bow to false gods. You naturally submit to God, which means you naturally resist the control of man. This infuriates the narcissistic spirit. They see your freedom, your autonomy, and your connection to God as a challenge. They want to "break" you. They want to domesticate the wildness of your spirit.

This is why the attacks are so personal and intense. It is a power struggle. The enemy wants to take a person who is destined to be an Elijah—a fire-caller, a rain-maker, a truth-speaker—and turn them into a scared, depressed person hiding in a cave 1 Kings 19. The narcissist will use intimidation, fear, and emotional exhaustion to drive you into that cave. They target you because your anointing is the direct antidote to their witchcraft. If you are under attack by a controlling personality, take heart: it is confirmation that you carry an Elijah anointing that the enemy is desperate to suppress. If this message inspires you, don't forget to subscribe for more Bible insights every week.

Number 4: The Light That Exposes the Darkness

It is a spiritual law: Light exposes. Ephesians 5:13 says, "But everything exposed by the light becomes visible—and everything that is illuminated becomes a light." When you, as a carrier of the Holy Spirit, walk into a relationship or a room, your light naturally shines on the dark corners. You don't even have to say anything. Your very presence—your purity, your honesty, your desire for truth—acts as a spotlight. For a narcissist, who lives in the dark to hide their shame and their sin,

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your light is both attractive and terrifying.

They are drawn to the light because it makes them look good by association. Narcissists love to have a "trophy" partner—someone kind, beautiful, and respected—because it boosts their image. They want to stand next to your light so they can shine. But simultaneously, they hate the light because it threatens to expose them. This creates the "push-pull" dynamic that is so confusing for empaths. One minute they idolize you drawn to the light; the next minute they are devaluing and attacking you trying to dim the light.

They attack you because your goodness highlights their badness. Your integrity highlights their deceit. Your calmness highlights their chaos. They need to bring you down to their level to feel comfortable. They need to provoke you until you get angry, so they can point a finger and say, "See? You're just as bad as me." They target you to extinguish the light that threatens their cover. You must realize that you cannot "love" them into the light; they must **choose** to step into it. Until they do, your light will only burn them, and they will retaliate.

Number 5: The Strategy of the "Wounded Healer"

Many empaths have a history of trauma. You may have grown up in a home where you had to be the peacemaker, the emotional caretaker, or the "good child" to survive. This created a deep groove in your soul that equates "love" with "fixing others" or "earning approval through sacrifice." The enemy knows your history. He knows your wounds. And he sends narcissists to target those specific unhealed areas of your soul.

The narcissist presents themselves as a victim. They tell you "sob stories" about their crazy exes, their abusive childhoods, and how the world has mistreated them. This is calculated. They are playing a song that your soul is programmed to dance to. Your "rescuer" instinct kicks in. You think, "I can be the one to finally love them right. I can heal them." You project your own goodness onto them.

The enemy uses this to trap you in a cycle of trauma bonding. You are trying to heal a wound in **them** that only God can heal, while neglecting the wound in **yourself** that makes you susceptible to them. The spiritual reason for this targeting is to keep you stuck in a cycle of "works-based" relationships, trying to earn love by over-giving, rather than resting in your identity as a beloved child of God. God allows this He doesn't cause it, but He uses it to expose your **own** need for healing. He wants you to stop trying to be the Savior and let **Him** be the Savior. He wants to heal your "need to be needed" so that you can love from a place of wholeness, not a place of deficit.

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Number 6: The Theft of Destiny The Saul and David Principle

Ultimately, the enemy targets you because of your future. He sees the destiny on your life. He sees the generational blessings you are carrying. And he uses the narcissist as a "destiny thief." Look at King Saul and David. Saul was a classic narcissist—insecure, envious, violent, and obsessed with public opinion. David was an empath—a man after God's own heart, a worshipper, a lover, a healer playing the harp to soothe Saul.

Saul brought David into the palace. He kept him close. Why? Because he needed David's anointing to soothe his demons. But he also envied David's destiny. He threw spears at David to pin him to the wall. The enemy sent Saul to kill David before David could become King. The distraction of dealing with Saul's madness kept David running for years. It delayed his kingship though it also prepared him for it.

If you are dealing with a narcissist, recognize that the enemy is trying to steal your time, your energy, and your focus. Every hour you spend arguing with them, crying over them, or trying to figure them out is an hour you are **not** pursuing your God-given purpose. They are a "time-eater." The enemy wants you so exhausted from the relationship that you have nothing left for your ministry, your children, or your calling. He wants to pin you to the wall. You must realize that your destiny is too valuable to be sacrificed on the altar of someone else's ego. You have a kingdom to build, and you cannot build it while you are dodging spears.

Number 7: The Call to Boundaries - Closing the Gate

So, why does God allow this? Why doesn't He just block the narcissist from finding you? Because God is teaching you to use your Sword. He gave you the gift of mercy, yes. But mercy without boundaries is not love; it is enablement. It is self-destruction. God wants you to learn the spiritual authority of saying "No."

The Bible tells us to "guard your heart, for everything you do flows from it" Proverbs 4:23. The word "guard" is a military term. It means to station a sentry. It means to lock the gate. Empaths often have gates that are wide open. We let anyone in who knocks. We think "turning the other cheek" means letting someone beat us to death. It does not. Jesus had boundaries. He walked away from crowds. He refused to answer the Pharisees. He didn't cast his pearls before swine.

The spiritual lesson here is that you must learn to be a "Warrior-Empath." You must learn to love from behind a gate. You must learn that your light is precious and must be protected. The enemy targets you because your walls are down. The solution is to rebuild the walls of Jerusalem in your

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soul. When you learn to set boundaries—to say, "This behavior is not allowed in my life," "I will not be spoken to that way," "I am walking away"—you stop being food. You become a fortress. This is the upgrade God wants for you. He wants you to be soft-hearted but thick-skinned. He wants you to be wise as a serpent and innocent as a dove.

Conclusion

You are not a victim of bad luck. You are a target of a spiritual war because you carry something the enemy fears: the Light of Christ, the gift of mercy, and the anointing of a deliverer. The narcissist is drawn to you like a moth to a flame, seeking to feed on your life and dim your light.

We have seen that the Predator seeks your life force. We have seen the Seer in you is a threat to their deception. We have recognized the Jezebel/Elijah power struggle. We have understood that your Light exposes their darkness.

We have acknowledged the Wounded Healer trap and the Theft of Destiny. And finally, we have heard the call to Boundaries.

Stop asking "Why me?" and start saying "No more." You do not have to set yourself on fire to keep someone else warm. You are called to be a light, not a log in the fireplace. Protect your oil. Guard your heart. Walk in your authority. The enemy may have targeted you, but God has equipped you to overcome.

Before you go, make sure to subscribe, like this video, and share it with someone who needs encouragement today. And join us next time as we uncover another powerful truth from God's Word.