MY CHURCH. MY HOUSE.

EPISODE GUIDE

EPISODE 28:

Stop Jumping OCEANS for People Who Won't Cross a Puddle

Naming toxic patterns takes courage, especially when the person is someone you love. This is the final episode of the Detox series, and it is built around one direct sentence.

Stop jumping oceans for people who will not cross a mud puddle for you. This was never just about removing toxic people. It is about reclaiming your soul.

THE DOUBLE STANDARD OF FORGIVENESS

Toxic people expect a second chance, a third, a fourth, and a fifth, but they refuse to give you one. They judge you harshly and make excuses for themselves.

The behavior they condemn in you is acceptable when they do it. The standard they hold you to is one they have never applied to themselves.

REFUSE THE VERDICT OF ALWAYS AND NEVER

When you try to name the pattern, you get absolute language. You always. You never. These are not descriptions of behavior. They are verdicts.

They are designed to make you feel so in the wrong that you stop raising real concerns. Stop accepting verdicts from people who will not be held to the same standard.

ACCOUNTABILITY HAS THREE LAYERS

Responsibility holds a person to the impact of their actions, not just their intentions. Answerability means they answer for a consistent pattern, not just get forgiven and move on.

Liability means the behavior has a real cost. Toxic people treat silence as affirmation, so stop being silent about what is not fine. If the behavior costs nothing, the behavior continues.

STOP CASTING PEARLS BEFORE SWINE

Matthew 7:6

"Do not cast your pearls before swine."

Not everything you carry is for everyone. Your time, energy, love, loyalty, and vulnerability are precious, and some people have not earned access to them.

In other words, stop jumping oceans for people who will not cross a mud puddle for you. Pour your ocean into people who bring water back.

GUARD AGAINST WHAT RUBS OFF

1 Corinthians 15:33

"Do not be deceived. Evil company corrupts good habits."

Extended proximity to toxic behavior can quietly begin to shape yours, until you match the double standard, the absolute language, or the absence.

Be careful that the detox is producing healing and not just repositioning. The goal is to produce in you what you wish you had received from others.

YOU WERE MADE FOR FILLING RELATIONSHIPS

A filling relationship leaves you with more than you came in with. Your wins are celebrated, your vulnerabilities are safe, and the other person shows up when it costs them something.

That kind of relationship is meant to be the norm, not the exception. The detox creates the space, and what fills the space can be genuinely good.

THIS WEEK'S MOMENT

This week's Moment is a Revival challenge. Let the detox go all the way, and reclaim the health of your soul.

Ask:

- Whose verdicts have I been accepting about myself?
- Where am I staying silent about something that is not fine?
- Whose ocean am I jumping while they will not cross a puddle?

Then:

- Refuse a verdict wrapped in always or never; ask for specifics
- Hold someone to the impact, not just the intention
- Name a pattern instead of swallowing it again
- Decide what a real cost looks like for continued toxic behavior
- Pour into one filling, mutual relationship this week
- Check yourself, so the detox heals and does not just reposition

Pray:

"Father, thank You that my soul was made to be healthy. Give me courage to name what is not fine, wisdom to know who has earned what I carry, and grace to invest where love is mutual. Let this detox produce real healing in me, not just distance from others, and make me the person I wish others had been. In Jesus' name, Amen."

Remember:

- I am worthy of mutual, life-giving relationships.
- I will stop jumping oceans for people who will not cross a puddle.
- I will hold people accountable with love and without double standards.
- I will not be silent about what is not fine.
- The detox is producing health in me, not just removal.
- As for me and my house, we will serve the Lord.