

DISCIPLESHIP IN A DYSFUNCTIONAL HOME

By: Minister Micah

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Discipleship is hard, but it is not complicated. Obeying God is as simple as not stealing. And, God has laid everything out, in multiple translations, for us to receive it in the simplest form possible. But life has its way of making discipleship hard. It is harder when we come from – or still live in – a dysfunctional home. In simple terms, dysfunctional homes are homes that overloaded with chaos, trauma, drama, negativity, gossip, dishonesty, secrecy, abuse, and everything else that brings us up in a way that leaves us vulnerable to the enemy's plot. Dysfunctional homes are so impactful because there are multiple teachers and influences in the home. And, many times, these teachers contradict each other. Our parents teach us, but so does the abuse they put out. Demonic spirits teach us about God. Argumentative spirits tell us to "stop arguing back." Drug addicts tell us to say "no" to drugs. Verbally abusive family members tell us to "think positive." How do we navigate a dysfunctional home in our discipleship? Is it even possible? Yes. With care and patience, it is possible. The Holy Spirit has guided me through some things to help you in your discipleship while living in a dysfunctional home. Let's jump right into it.

Mind your own business (1 Thessalonians 4:11)

Everyone's drama is not your drama. If you take time to examine your dysfunctional home, you will notice that most of the drama does not have anything to do with you. Minding your own business protects your peace from things that out of your influence.

Do not Argue with Toxicity (2 Timothy 2:23)

God taught me a valuable lesson in 2023: Toxic spirits love chaos and starve when they do not get it. Whether the toxicity is narcissism, selfishness, control, condescension, or something else, it does not deserve your attention. Toxic spirits do not win when you overtalk them or shout more loudly at them. They win when they get a response from you. If winning is important to you, here is your hack to winning: You win by not responding.

Have Joy (Nehemiah 8:10)

If you come from a dysfunctional home, have you ever noticed how smiles are not as common (unless they are coming from a place of denial or abuse). Joy is a rare commodity in a dysfunctional home. This is because joy creates a putrid, nauseating smell to toxicity. Toxic spirits that infiltrate dysfunctional homes hate to see their target living joyfully. Misery, negativity, depression, anger, and rage are the goal of toxic spirits because these feelings leave us open to more demonic activity either to react to the dysfunction or create a temporary escape from it (notice that many who battle with drug addictions come from dysfunctional homes). Joy closes the spiritual door that miserable mindsets leave open.

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Be Short with Narcissists (Matthew 5:37)

Most people I have met who dealt with a narcissist did not meet them on the street; they lived with them. If you live with a narcissist, please know that their day is coming. Again, please know that their day is coming. Once more for the people in the back, please know that their day is coming. Our job is not to change narcissists, “shut them down,” or “win” against them. Our job is to love them while protecting our peace. We do this by being short. Matthew 5:37 tells us to let our “yes” be “yes” and our “no” be “no.”

If approached delicately, a dysfunctional home can be a great way to grow our discipleship and see God’s vindication on our behalf. The Bible tells that God “Hears the cries of His people” (Exodus 3:7), and the struggles you face at home are no exception. I pray that God will involve Himself in your responses to home dysfunction and that, as a result, you will build your trust in Him. Never stop declaring that all is well with your spirit if your trust and discipleship is in Him.

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