DRAIN IT
REMOVING WHAT'S
BLOCKING YOUR FLOW
JOHN 10:10
Jesus came so you could have life—full, abundant, overflowing life.
SOMETIMES THE LION YOU SEE ISN'T AS DANGEROUS AS THE MOSQUITO YOU IGNORE.

Visible Isn't Always Most Dangerous

> "Sometimes the lion you can see is not as dangerous as the mosquito you ignore."

The Seen

We prepare for the obvious threats — the big, loud, visible dangers that demand our attention.

The Unseen

2 Corinthians 4:18 — Don't focus only on what you can see. The unseen things can have the most lasting impact on your life.

You Were Designed for Life

> **John 10:10** — Jesus came so we could live a full, abundant, overflowing life.

Full

Not half-lived, not barely surviving — completely full in every dimension.

Abundant

More than enough. Overflowing beyond what you could ask or imagine.

Satisfying

Rich and deeply meaningful — the life God originally designed you for.

Life Flows From Within

> John 7:38 — Those who believe in Jesus will have life flowing from deep within them — like rivers of living water.

The Promise

God's design was never for you to be stagnant, stuck, or blocked. He placed a living source inside of you — one that was meant to flow outward and touch everything around you.

The Picture

Rivers of living water. Not a trickle. Not a puddle. A river — powerful, moving, life-giving, and unstoppable when nothing is blocking it.

Protect What Flows From You

> Proverbs 4:23 — Guard your heart above all else, for it determines the course of your life.

Above All Else

The instruction isn't casual — it's urgent. Your heart is the most important thing you steward.

It Determines Everything

The course of your life — your relationships, your decisions, your destiny — flows from the condition of your heart.

Guard It Actively

Guarding is not passive. It requires intentional attention to what you allow in and what you keep out.

Something Got in the System

"You were designed to live in flow — not in drain."

Designed for Flow

Your original design was abundance, movement, and life. That is still God's intention for you.

Something Changed

At some point, something entered the system. It may have been subtle. It may have seemed harmless. But now you can feel the difference — the flow has slowed, or stopped altogether.

Small Things Can Cause Serious Damage

> Song of Solomon 2:15 — It's the little foxes that quietly destroy the vineyard.

⚠ **Don't ignore what looks small — it may be doing the most damage.**

Hard to Spot

Small things rarely announce themselves. They slip in quietly, undetected, while your attention is elsewhere.

Slow to Show

The damage doesn't appear overnight. It accumulates gradually until the fruit of your life begins to suffer.

Serious in Impact

By the time you notice, the little fox has already done significant work. Small doesn't mean harmless.

Unseen but Draining

> "What you don't detect, you will eventually feel."

The Nature of Parasites

Most parasites are microscopic — invisible to the naked eye. You cannot see them working, but they are constantly at work. They attach, they feed, and they drain the host of energy, vitality, and strength over time.

The host often doesn't realize what's happening until the symptoms become undeniable.

The Spiritual Parallel

Spiritual drains operate the same way. They are rarely obvious. They attach quietly, feed slowly, and by the time you feel the effects — the fatigue, the fog, the loss of joy — they've been working for a long time.

What Starts Small Can Spread

> **Hebrews 12:15** — Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

1

A Hidden Root

It begins underground — unseen, unaddressed, quietly taking hold beneath the surface.

2

It Grows

Left unchecked, roots spread. What was once small becomes a system — entangled and deep.

3

It Spreads

It doesn't stay contained to you. A hidden root can cause trouble and corrupt many around you.

How It Gets In

ENTRY POINTS

The enemy doesn't need a dramatic entrance. He uses three primary pathways to introduce what will eventually drain you:

What You Consume

What you take in through your eyes, ears, and mind shapes what grows inside you.

Who You Connect To

Relationships carry influence — for better or worse. Connection is a conduit.

What You Tolerate

Slow drift and passive tolerance open doors that intentional choices would keep closed.

Intake Shapes Output

> **Luke 6:45** — What fills your heart eventually shows up in your life — a good person produces good things, and an evil person produces evil things.

The Principle

You are not just what you eat physically — you are what you consume spiritually, mentally, and emotionally. Every input has an output.

The Question

What are you consistently feeding yourself? What content, conversations, and media are filling your heart? Because whatever fills it will eventually overflow into your words, your decisions, and your life.

Connection Carries Influence

> **1 Corinthians 15:33** — Don't be fooled by those who say such things, for bad company corrupts good character.

Don't Be Fooled

The warning is direct: don't underestimate the power of who you spend time with. Influence is real and it moves in both directions.

Bad Company

It doesn't have to be overtly evil. Wrong connections can be subtle — people who normalize what God calls harmful, who pull you toward drift rather than growth.

Good Character

You can have strong character and still be corrupted by consistent exposure to the wrong influences. Guard your connections.

It Feeds on You

WHAT DRAINS DO

Once something draining has found access, it doesn't stay passive. It actively works against your flourishing in four key ways:

Drains Energy

You feel tired without explanation. The vitality that should be yours is being consumed by something you may not even see.

Steals Focus

Your attention is pulled away from what matters. Clarity becomes fog. Purpose becomes confusion.

Creates Cycles

You find yourself in the same patterns, the same struggles, the same places — unable to break free and move forward.

Distorts Function

You stop operating as designed. The gifts, the calling, the flow — all of it becomes muted and misdirected.

Desire → Sin → Death

> **James 1:14-15 —** Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

Unchecked Desire
Temptation entices and drags us away.

Death
Sin fully grown leads to destruction.

Sin
Desire gives birth to sinful action.

This is not a sudden collapse — it is a progression. Every stage feeds the next. The time to interrupt the cycle is at the beginning, before desire becomes action and action becomes destruction.

Access Gives It Power

> Ephesians 4:27 — Don't give the devil a foothold.

⊗ "Something is feeding on you."

A Foothold

A foothold is not a takeover — it's a small place of access. Just enough to get in. Just enough to begin operating. The enemy doesn't need much. He just needs a door left open.

Don't Give It

The instruction is clear: don't give it. Not accidentally, not passively, not through tolerance or normalization. Every foothold was given — which means every foothold can be taken back. You have the authority to close the door.

We Normalize What Drains Us

> **Isaiah 5:20** — What sorrow for those who say that evil is good and good is evil, that dark is light and light is dark.

We Call It Normal

Over time, what once felt wrong begins to feel familiar. Familiar begins to feel acceptable. Acceptable begins to feel normal. And normal stops feeling like a problem at all.

We Rename It

We give draining things better names. We call bitterness "being real." We call anxiety "being responsible." We call compromise "being balanced." The rename doesn't change the reality.

God Calls It What It Is

God doesn't adjust His standard to match our comfort. What He calls harmful is still harmful — regardless of how long we've lived with it or how normal it has become.

Let God Search You

> **Psalm 139:23-24** — Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

The Honest Prayer

This is one of the most courageous prayers in Scripture. It's an invitation for God to go where we might be afraid to look — into the hidden places, the anxious corners, the things we've normalized or buried.

The Promise

God doesn't search to condemn — He searches to lead. The goal of His examination is always the path of everlasting life. Honesty before God is the beginning of freedom.

Identify It

1 STEP 1

What entered small but is now affecting me deeply?

Name It Specifically

Vague awareness doesn't produce freedom. You have to be willing to call it what it is — the habit, the relationship, the thought pattern, the content, the bitterness, the fear.

Trace It Back

When did it enter? What opened the door? Understanding the entry point helps you close it and prevent re-entry.

Measure Its Impact

How has it affected your energy, your relationships, your walk with God, your sense of purpose? Honest assessment is the first act of freedom.

Cut Off the Supply

2 STEP 2

> Matthew 5:29-30 — If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell.

⊗ "Stop feeding what's feeding on you."

Radical Removal

Jesus wasn't being literal — He was being emphatic. Whatever is causing destruction in your life must be removed, regardless of how attached you are to it or how much it costs you to let it go.

Stop the Supply

A parasite cannot survive without a host. When you cut off access — stop the consumption, end the connection, refuse the tolerance — you starve what has been draining you. It cannot continue without your cooperation.

Flush With Truth

3 STEP 3

> **John 8:32 — And you will know the truth, and the truth will set you free.**

Flush It Out

Truth doesn't just remove the drain — it cleanses the system. Like water flushing a pipe, the Word of God washes out what has been contaminating your thinking and your life.

Know It

Freedom comes through knowing the truth — not just hearing it once, but knowing it deeply, personally, and consistently. Immerse yourself in Scripture.

Live by It

Truth applied is truth that sets free. It's not enough to know it intellectually — you must walk in it, speak it, and let it reframe every area that was distorted by the drain.

Strengthen the Source

4 STEP 4

Ephesians 6:10

Be strong in the Lord and in His mighty power. Your strength doesn't come from willpower or self-discipline alone — it comes from being connected to the One who is infinitely strong.

Jude 1:20

Build yourself up in your most holy faith and pray in the Holy Spirit. Spiritual strength is built — through prayer, through the Word, through worship, through community. You must actively build it.

Prayer

Stay connected to God in consistent, honest conversation. Prayer is the lifeline that keeps the source strong.

The Word

Feed your spirit what it was designed to consume. Regular intake of Scripture builds spiritual immunity.

Community

Surround yourself with people who strengthen rather than drain. Iron sharpens iron.

Restore the Flow

STEP 5

> **John 7:38** — Anyone who believes in me may come and drink! For the Scriptures declare, "Rivers of living water will flow from his heart."

This Is the Goal

Not just removal — restoration. God doesn't just want to take away what was draining you. He wants to restore the full, abundant, overflowing life He designed you for. The river was always meant to flow.

Flow Again

When the blockage is removed, when the supply is cut, when truth has flushed the system and the source has been strengthened — the flow returns. Life moves again. Purpose re-emerges. Joy comes back. This is God's intention for you.

Don't Hold What Bit You

> Acts 28:3-5 — As Paul gathered an armful of sticks and was laying them on the fire, a poisonous snake, driven out by the heat, bit him on the hand. The people of the island saw it hanging from his hand... But Paul shook off the snake into the fire and was unharmed.

He Was Bitten

Paul didn't avoid the attack. Sometimes you do everything right and something still bites you. The bite is not the end of the story.

He Shook It Off

He didn't analyze it, hold onto it, or let it stay attached. He shook it off — decisively, immediately, without hesitation.

He Was Unharmed

The expected outcome didn't happen. When you shake off what bit you, the enemy's plan is defeated and you walk away whole.

No Weapon Wins

Isaiah 54:17

No weapon formed against you will prosper. Every tongue that rises against you in judgment, you will condemn. This is the heritage of the servants of the Lord.

Luke 10:19

I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.

Weapons Are Formed

The promise isn't that no weapon will be formed — it's that none will prosper. Attacks will come. They will not win.

Authority Is Given

You have been given authority — not earned it, not worked for it. It was given to you by Jesus. Walk in it.

Nothing Will Harm You

This is the declaration of a child of God who knows who they are and Whose they are. Stand on it.

My Life Will Flow Again

A Declaration

> I will not host what God has not assigned.
> I cut off what has been draining me.
> I shake it off. I release it.
> **My life will flow again.**

I Will Not Host It

You are not obligated to carry what God never placed on you. What He hasn't assigned, you don't have to house.

I Cut It Off

This is a decision, not a feeling. You cut off the supply — the access, the connection, the tolerance — by an act of your will empowered by God's Spirit.

I Shake It Off

Like Paul, you shake it off. You don't analyze it, rehearse it, or let it stay attached. You release it into the fire and walk away whole.

Shake It Off. Drain It. Flow Again.

Flow Again.

01

Identify It

Name what entered small but is now affecting you deeply. Be specific and honest before God.

02

Cut Off the Supply

Stop feeding what's feeding on you. Remove access — radically if necessary.

03

Flush With Truth

Immerse yourself in the Word. Let truth cleanse and reframe every area that was distorted.

04

Strengthen the Source

Build yourself up in prayer, the Word, and community. Be strong in the Lord.

05

Restore the Flow

Receive the abundant life Jesus came to give. Rivers of living water will flow again.

You were designed to live in flow — not in drain. Shake it off. Drain it. Flow again.

John 10:10

"My purpose is to give them a rich and satisfying life."

This is still His purpose for you. The drain does not get the final word. The flow does.

DRAIN IT

FLOW AGAIN