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LIFE

THE  
ABUNDANT  
LIFE

# Becoming Unstuck

moving beyond your circumstances into  
the abundant life God promises us

Sometimes there are seasons of life and difficult circumstances that cause us to feel stuck, resigned, hopeless, and discouraged. How do you move forward beyond your circumstances so that you can live the abundant life God has promised you?

*When we were at Mt. Sinai, the Lord our God said to us "You have stayed at this mountain long enough. It is time to break camp and move on." Deuteronomy 1:6-7*

## THE PRAYER

*Ephesians 3:14-21 says, For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.*

THE STRUGGLE IS  
REAL BUT SO IS  
GOD'S POWER TO  
MOVE US BEYOND  
WHERE WE ARE  
STUCK.

## BUT HOW?

### **With the PRESENCE of God...**

*You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Psalm 16:11*

### **With the POWER of God...**

*Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. Romans 8:26-27*

WE MUST MOVE FROM KNOWING  
GOD'S PROMISE, TO BELIEVING  
THE PROMISE, TO ACTUALLY  
TAKING HOLD OF THE PROMISE  
THROUGH OUR DAILY OBEDIENCE.

## BUT HOW?

### With the PROMISES of God...

*And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires. 2 Peter 1:4*

### With the PEOPLE of God...

*That their hearts may be encouraged, being knit together in love, to reach all the riches of full assurance of understanding and the knowledge of God's mystery, which is Christ. Colossians 2:2*

### With the PURPOSES of God...

*He has saved us and called us to a holy life—not because of anything we have done but because of His own purpose and grace. 2 Timothy 1:9*

## THE PROMISE

*The LORD is good and does what is right; He shows the proper path to those who go astray. He leads the humble in doing right, teaching them His way. The LORD leads with unfailing love and faithfulness all who keep his covenant and obey His demands. Psalm 25:8-10*

## Talk to God

Spend some time inviting the Holy Spirit to reveal and help you identify answers to the following questions.

- What areas in your life do you feel resigned or stuck in? Why?
- How have the places you are stuck in become part of your identity? How does this contrast what God's Word says about your identity in Christ?
- Are there ways you feel like you are missing out in your faith? In what ways?
- Where do you feel God is moving you from and to in this season of your life?
- What keeps you from trusting and obeying God?
- What role has the enemy of fear and discouragement kept you from God's promised rest for your life?

# APPLICATION

What attributes of God do you want to get to know and better understand in this season of life?

*His provision? His faithfulness? His love? Knowing God moves you to trust God to the life He has promised YOU.*

Who are your go-to people for accountability and prayer?

*Invite them in to where you want God to move you to and from in this season.*

Do you know what your identity in Christ is?

*Spend some time in God's Word discovering who you are according to the one who made you.*

What is God's purpose for your life according to scripture and what He has revealed to you in your faith journey so far?

*Spend some time seeking this out through Scripture and write it out on an index card. Put it on your bathroom mirror.*

What is the great invitation Jesus is inviting you to every day, every hour, and sometimes minute by minute?

*Memorize Matthew 11:28-30.*

## ACTS 17:28-29 (MSG)

*The God who made the world and everything in it, this Master of sky and land, doesn't live in custom-made shrines or need the human race to run errands for him, as if he couldn't take care of himself. He makes the creatures; the creatures don't make him. Starting from scratch, he made the entire human race and made the earth hospitable, with plenty of time and space for living so we could seek after God, and not just grope around in the dark but actually find him. He doesn't play hide-and-seek with us. He's not remote; he's near. We live and move in him, can't get away from him!*

*One of your poets said it well: 'We're the God-created.' Well, if we are the God-created, it doesn't make a lot of sense to think we could hire a sculptor to chisel a god out of stone for us, does it?*

GOD WILL ALWAYS USE  
THE PLACES WE HAVE  
FOUND FREEDOM IN TO  
HELP MOVE OTHERS  
TOWARDS FREEDOM  
AND REST FOR THEIR  
LIVES AS WELL.

# SCRIPTURE ON MOVING FORWARD

## about moving forward

- **Job 17:9** - The righteous keep moving forward, and those with clean hands become stronger and stronger.
- **Philippians 3:14** - I run straight toward the goal to win the prize that God's heavenly call offers in Christ Jesus.
- **Proverbs 4:18** - The way of the righteous is like the first gleam of dawn, which shines ever brighter until the full light of day.

## about my past

- **Isaiah 43:18** - Forget what happened in the past, and do not dwell on events from long ago.
- **Philippians 3:13** - Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead.
- **Romans 8:1** - Therefore, there is now no condemnation for those who are in Christ Jesus.
- **1 John 1:8-9** - If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.
- **2 Corinthians 5:17** - Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

## about trusting in God

- **Proverbs 3:5-6** - Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.
- **Psalms 33:18** - But the LORD watches over those who fear him, those who rely on his unfailing love.

## about wisdom + guidance from God

- **Psalms 32:8** - I will instruct you and show you the way to go; with My eye on you, I will give counsel.
- **Proverbs 24:14** - In the same way, wisdom is sweet to your soul. If you find it, you will have a bright future, and your hopes will not be cut short.
- **Isaiah 58:11** - The LORD will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.

# SCRIPTURE ON MOVING FORWARD

## about God's Word directing me

- Psalm 1:2-3 - Instead he finds pleasure in obeying the Lord's commands; he meditates on his commands day and night. He is like a tree planted by flowing streams; it yields its fruit at the proper time, and its leaves never fall off. He succeeds in everything he attempts.
- Psalm 119:104-105 - I obtain understanding from your precepts; therefore, I hate every false way. Your word is a lamp for my feet, a light for my pathway.
- Proverbs 6:23 - For this command is a lamp, this teaching is a light, and correction and instruction are the way to life.

## Truth to Remember

- Exodus 14:14-15 says, "The Lord will fight for you, and you can be still." The Lord said to Moses, "Why do you cry out to me? Tell the Israelites to move on."
- 1 John 5:14 says, "and this is the confidence that we have toward him, that if we ask anything according to his will he hears us."
- Proverbs 17:22 says, "A joyful heart is good medicine, but a crushed spirit dries up the bones."
- Corinthians 16:13 says, "Be alert, stand firm in the faith, act like a man, be strong and courageous."
- Philippians 4:8 says, "Finally, brothers and sisters, whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if something is excellent or praiseworthy, think about these things."
- 2 Timothy 4:6-9 says, "My life is coming to an end, and it is now time for me to be poured out as a sacrifice to God. I have fought the good fight. I have completed the race. I have kept the faith. The prize that shows I have God's approval is now waiting for me. The Lord, who is a fair judge, will give me that prize on that day. He will give it not only to me but also to everyone who is eagerly waiting for him to come again."