

# Staying Unstuck

Part 6 of the *Stuck* series

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Pastor Rich Warriner

March 6, 2016

*The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor."*

Luke 4:18-19 NIV

*It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. You, my brothers and sisters, were called to be free.*

Galatians 5:1, 13

The freedom we're called to...

- Your heart is free from guilt & shame.
- You're not enslaved to sinful, destructive ways of living.
- You have nothing to hide.
- Your heart is free to love others and be loved in return.
- Your soul is content & at peace with who you are in Christ.
- Your life is marked more by faith than by fear.

Biblical principles for staying unstuck...

- Don't overestimate your strength while underestimating God's. (Exodus 24:3, Numbers 13:27-28, 14:2-4)
- Surround yourself with people who love you and care for you. (Galatians 5:13-14, MSG)

The right kind of people

- They've already travelled the path you're on and can help you avoid getting stuck.

- When you find yourself stuck, they're there in a hurry to help pull you out.

- Abide in God's word, letting the truth keep you and set you free.

*So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."*

John 8:31-32

*I will walk about in freedom, for I have sought out your precepts.*

Psalms 119:45

- Keep your identity firmly established in God's love for you.

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## Next Steps

Make plans to surround yourself with people who love & care for you. Fill out a connection card and simply write down that you would like to get in community. This week someone from our team will connect with you and help get you started.

Take some time to answer the following questions with your spouse, children, or small group...

- What is one thing you love about yourself and one thing you wish you could change?
- Read Luke 4:18-19 and then read through the list above describing the freedom that we've been called to. In what ways is this freedom not your current reality?
- Tell about a time when you were stuck in one of life's "ruts" (*shame, addiction, mistakes, marriage ruts, etc.*) and a friend came and pulled you out.
- Last Sunday, Rich read the above passage from Galatians 5:13-14 to describe how our freedom isn't just for us, it's for the sake of others too. How can you as a group be more intentional about serving one another through the ruts of life?
- How can we pray for you?