



Part 1: Stuck Within Myself

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Stuck Within Myself

My background

My wiring

My problems

My perspective

My opinion

My prejudice

My convenience

My _____

My sin

(not all of the above are sinful but they are often connected to a sinful pattern)

David was stuck in a sinful pattern (Psalm 51)

¹Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.

²Wash away all my iniquity
and cleanse me from my sin.

³For I know my transgressions,
and my sin is always before me.

⁴Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.

⁵Surely I was sinful at birth,
sinful from the time my mother
conceived me.

⁶Yet you desired faithfulness even in
the womb; you taught me wisdom
in that secret place.

⁷Cleanse me with hyssop, and I will be
clean; wash me, and I will be whiter
than snow.

⁸Let me hear joy and gladness; let the
bones you have crushed rejoice.

⁹Hide your face from my sins
and blot out all my iniquity.

David finds a way to get “unstuck”

Own that you are stuck (vs. 1-3)

Understand that the path to stuck is always between you and God (vs. 4)

The only way out is confession (owning and acknowledging) and following God's path out (5-6)

Receiving God's healing is the first step on the way to getting unstuck (vs. 7-9)

The Prayer of the “Stuck”

- ¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit
within me.
- ¹¹ Do not cast me from your presence
or take your Holy Spirit from me.
- ¹² Restore to me the joy of your
salvation and grant me a willing
spirit, to sustain me.
- ¹³ Then I will teach transgressors your
ways, so that sinners will turn
back to you.
- ¹⁴ Deliver me from the guilt of
bloodshed, O God, you who are
God my Savior, and my tongue
will sing of your righteousness.
- ¹⁵ Open my lips, Lord, and my mouth
will declare your praise.
- ¹⁶ You do not delight in sacrifice, or
I would bring it; you do not take
pleasure in burnt offerings.
- ¹⁷ My sacrifice, O God, is a broken
spirit; a broken and contrite heart
you, God, will not despise.

Only God can...

Create a clean heart

Renew a broken track record

Restore a lost hope

Turn a failure into a teacher

Transform a wreck into a worshiper

Receive a sacrifice from the “stuck” and turn it into freedom

Next Step

If you're stuck in life, read about the class *Why Christians Stay Stuck* in today's program and register today at the Authenticity table in the Commons.

Small Group Questions

- 1) Have you ever been stuck in a maze, a fog, a storm, a snowdrift? How did you get out?
- 2) Grant listed areas in which it is easy to get stuck. What would you add to his list?
- 3) In what area of your life are you currently stuck? What have you tried to get unstuck? Did it work?
- 4) How does someone go about owning that they are stuck? How did David do it?
- 5) God broke a sinful pattern for David with hope and restoration. How does God's promise of restoration change the way look at the rut you are stuck in?
- 6) What do you need prayer for today?