

Out of the Mud

Part 1 of the *Stuck* series

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Text: Psalm 51:1-18 NLT

If the Son sets you free, you will be free indeed.
John 8:36 NIV

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.
Psalm 40:1-2 NIV

It is for freedom that Christ has set us free.
Galatians 5:1

The Way Out (*getting unstuck*)

- Own that it's your sin that has you stuck.
- Confess it before God and others.
- Receive God's forgiveness.
- Live in God's healing and freedom.

Only God can...

- Create a clean heart
- Restore a lost joy
- Turn a failure into a teacher
- Transform a wreck into a worshiper
- Take bondage and turn it into freedom
- Make a shattered life become a song of hope for others

Next Steps

Pray this prayer: *Heavenly father, I am stuck - caught in a sinful, deadly pattern of _____. Cleanse me from my sin and the guilt that haunts me. Create a clean heart in me & restore the joy of my salvation. Forgive me and help me to live in your healing and freedom. Amen.*

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

- What is your worst being stuck in a vehicle story?
- In what area of your life are you currently stuck? What have you tried to get unstuck? Did it work?
- How does someone go about owning that they are stuck? How did David do it?
- 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?
- What do you need prayer for today?