

Out of the Mud

Part 1 of the *Stuck* series

Pastor Rich Warriner

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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?