

GETTING UNSTUCK in our Devotional Life

Some of the factors working against us:

- **Timing**
- **Priorities**
- **Desire**

It's about the journey!

The goal is not to reach a certain point; the goal is to continue moving forward!

It is about getting unstuck and continuing to move forward

Keys Needed to get and stay Unstuck

WORSHIP

- God does not ask us to worship Him because he has a weak ego! We worship Him because it aligns our spirit with reality.

Psalm 105:4-6 NLT – Search for the Lord and for his strength; continually seek him. Remember the wonders he has performed, his miracles, and the rulings he has given, you children of his servant Abraham, you descendants of Jacob, his chosen ones.

STUDY

- Your study time is a chance to expand your understanding.
- Who is God? What has he said? How have other people related to Him? What is your role? So many questions, so little time!

ACTIVATION

Romans 5:8 NLT – But God showed his great love for us by sending Christ to die for us while we were still sinners.

MEDITATE

- The meditation taught by ancient Christian teachers, and modern ones, is based on turning our focus to some essential truth and take some time to let it sink in.

ASK

James 4:2-3 NLT – You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it. And even when you ask, you don't get it because your motives are all wrong—you want only what will give you pleasure.

- We pray for ourselves
- We pray for our family and friends
- We pray for the world

James's words should ring in our ears We don't have what we want because we don't ask!

THANK

- Jesus was quite specific about needing to be thankful. He healed 10 lepers, but only one returned to thank Him (Luke 17:11-19).

LISTEN

- It is not an unreasonable desire to hear God speak to you every day.

RESPOND

- What do I need to do today?

Psalm 23:2-3 NLT – He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name.

ACTIVATION

What do I need to do today?

Tools

- **Bible reading plans**
- **Devotionals**
- **Journaling**
- **Listening to worship music**
- **Quite times**
- **Walking/running**
- **Memorize Scripture**
- **Find a specific time**
- **Find a specific space**
- **Journey with someone else (accountability)**
- **Fasting**
- **Use a study Bible**
- **Pray the Bible**
- **Tongues**

Conclusion

At the end of the day, the goal is not to reach a certain destination, you will never reach it, there is always more to grow in, the goal is to get unstuck and keep the momentum going so that we are continuing to move forward.

- Use the momentum of starting something to help you to continue to grow into the next thing.