

## The 'STUCK' Prayer

Lord, I am stuck and need to hope again  
Renew my mind so that my thinking can be transformed  
May you keep me from toxic thoughts and lies that seek to  
confound and confuse who you made me to be?

Make me aware of the influences that seek to harm and destroy  
my relationship with you.  
Help to release their grip on me and the potential they have to  
produce a false reality?

Challenge those habits I feel I have no control over and make  
them captive to your will.  
Break those cycles in my life that contribute to harmful and hurtful  
patterns that leave me hopeless and fearful.

Create in me Lord a disposition of heart that seeks to follow and  
learn from you. Guide me along the paths laid before me that lead  
to a deepening walk with Christ, confident in a hopeful future  
based on your eternal promises.

May I ever be found moving in step with your Spirit,  
In Jesus' Name, Amen.

## Response - Practical Steps for Getting Unstuck!

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1. What is the one thing you need to change as a result of what you've learned in this series?
  
  
  
  
  
  
  
  
  
  
2. Based on your current path in life, are you heading in the right direction? If not, what should you be changing today?



# Life Group Study Notes

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We've all experienced those moments in life where we feel stuck, and the longer we stay there the more difficult it becomes to dig our way out. How do we even know where to start? In this message we look at some of the biblical principles given to help us get unstuck and begin seeing daylight again.



## Study – Discovering What the Bible Says?

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1. What was the big takeaway for you from last week's study? Why?
2. Which one affects you the most in a negative way – your thinking, your influences, or your habits?
3. What life principle was presented during the message?  
\_\_\_\_\_ determines \_\_\_\_\_ and  
\_\_\_\_\_ determines \_\_\_\_\_

## Read Psalm 25 (The message focused on vvs. 4-10; 16-18)

4. Based on Psalm 25, what are the two parts of \_\_\_\_\_?  
God \_\_\_\_\_ and \_\_\_\_\_  
We \_\_\_\_\_ and \_\_\_\_\_
5. What importance does humility play?
6. What four points were given in the message and take time to discuss each?
  - a. God loves to \_\_\_\_\_
  - b. We do not trust God because of \_\_\_\_\_  
but because of \_\_\_\_\_
  - c. When \_\_\_\_\_, default to God's \_\_\_\_\_
  - d. Getting unstuck begins when our \_\_\_\_\_  
exceeds our \_\_\_\_\_