

Can God Fix This?  
First Colony Church of Christ  
Small Group Series Leader's Guide  
Fall 2011

### **Stuck: I'm Going Nowhere Fast**

Have you ever been stuck somewhere in your car? Maybe you were driving in bad weather, got run off the road into a ditch and couldn't get out. Maybe you were just lost before the days of cell phones and GPS and had no idea how to get where you needed to go. Being stranded like this can cause a lot of emotions: fear, panic, anger, self-pity. These are the same emotions that can come up when we feel stuck in life. Although being stuck in life may not be as obvious as having our car stuck on the side of the road it's still just as real.

There are a lot of situations in life that can cause to feel stuck. These situations can fall into two main categories: situations beyond our choosing and situations that are the result of our choosing.

In Jeremiah 29 we read of God's people who are in exile in Babylon, a situation beyond their choosing. The Israelites feel stuck. None of them chose to be there or want to be there. But Babylon is where they are. So Jeremiah sends them a message from the God:

*"Build houses and settle down; plant gardens and eat what they produce. Marry and have sons and daughters; find wives for your sons and give your daughters in marriage, so that they too may have sons and daughters. Increase in number there; do not decrease. Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the LORD for it, because if it prospers, you too will prosper."*

*Jeremiah 29:5-7*

God's charge to those stuck in a situation they don't want to be in: live your life. God doesn't encourage wallowing in pity or anger. Instead He encourages them to thrive. The situation isn't ideal but God can still bless them even though they are away from home.

*"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."*

*Jeremiah 29:11*

Sometimes we are stuck because of our own bad choices. We have allowed something in our life to take control. It could be something big and obvious like sex, drugs or alcohol. It could also be something less obvious like success, possessions or laziness. When we allow anything besides Christ to be in control we will find ourselves stuck.

*“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.*

*1 Corinthians 6:12*

*It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

*Galatians 5:1*

In order to get unstuck from a willful enslavement there are three basic steps for us to take:

1. Admit you've lost control.
2. Reach out to two power sources larger than yourself.
  - God
  - Another person who has the capacity to help you.
3. Surrender to a structured process that connects you to the light of God.

So, what is our response to feeling stuck in life? Live. When stuck by outside circumstances we need to choose to live and let God work even when it seems nothing is happening. When stuck by self-made circumstances we need to take the necessary steps to regain our life for Jesus.

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**IceBreaker:**

Have you ever been stuck somewhere in your car? Describe it to the group. How did you feel when you realized you were stuck? Who's fault was it that you were stuck? How could it have been prevented?

**Discussion:**

1. What kind of situations can cause us to feel stuck in life? What causes these situations? How do we feel when we find ourselves stuck in a difficult or uncomfortable circumstance?

*Encourage the group to think about outside circumstance and personal choices that lead to feeling stuck.*

2. In Jeremiah 29 we read of the Israelites who are stuck in captivity in Babylon. According to verses 5-7 what was God's charge to them? How does God want us to react when we find ourselves stuck in a situation outside of our control?

*The main idea is to live. Jesus came to give us life. That doesn't mean we will always have what we want, but it means we can live no matter where we find ourselves.*

3. In Jeremiah 29:11 God makes a promise to the Israelites. How comforting do you think this promise was for them? How did this promise allow them to obey God's charge? How does this promise affect us today?

*Knowing God has a plan for us allows us to continue to trust Him even when circumstances look bleak.*

4. 1 Corinthians 6:12 and Galatians 5:1 both refer to situations where someone may feel stuck as a result of their own choices. What choices could lead to someone feeling stuck? How can we regain our lives back after such a choice?

*Ronnie gave 3 steps to lead us back to living:*

1. *Admit you've lost control.*
2. *Reach out to two power sources larger than yourself.*
  - *God*
  - *Another person who has the capacity to help you.*
3. *Surrender to a structured process that connects you to the light of God.*

5. Feeling stuck can cause us to either *run to* or *run from* God. What makes the difference? How can we ensure that we run to God during tough situations instead of running from Him?

*Our relationship with God makes all the difference. We must feed and invest in this relationship when things are good and when things are tough.*

**Prayer:**

1. Pray for those in the group feeling stuck
2. Pray for consistency in each person's spiritual life
3. Pray for wisdom to help those who are stuck
4. Pray for the ability to live in spite of feeling stuck

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