

# unstuck.

... a 21-day devotional guide





## how to use this guide

Many people come into the new year with a desire to change. Whether that is to live a healthier life, manage their finances better or complete some emotional transformation, this time of year is synonymous with getting out of neutral and driving towards new goals; a new you. However, a few weeks in, most people find themselves trapped in the previous year's rut. The question then becomes not do we get stuck, but why, and more importantly, how do we get unstuck?

Great goals are preceded by great plans. That's why we created this guide. Over the next 21 days, our prayer is that the power of the Holy Spirit will leap off the pages of the Bible as you read, pray and fast. Here are some practical steps to use this guide as your trainer to overcome the holiday malaise.

## weekend worship experiences

Come with your Bible and a pen and take notes as you hear God's Word preached. If you have never done this before, it is easy. Don't try to write everything down (Pastor talks way too fast for that to be even conceivable!), just write the things that resonate with you. There are pages in the back of this guide that can be used for notes each week as you attend the experience of your choice.

## individually

We have provided a daily portion of Scripture to read and study and additional thoughts to guide you as you pray. A great method to structure your study time is the acronym-S.O.A.P, which stands for Scripture, Observation, Application and Prayer. Work through each step daily as you read the designated portions of Scripture.

## community

The fun aspect of moments like these is that you have a faith community to share this unstuck journey. In the fitness world, they would call it “a workout partner to spot you” as you reach for that new goal. Whether it is friends from one of your small groups, or your spouse, children or teens, who are also walking through this devotional journey, take the time to discuss and pray together as you go. Remember, iron sharpens iron, and one person sharpens another (Proverbs 27:17).











































# sermon notes

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