

Jesus, I'm spinning my wheels here; can you help me?

Mark 9.14-29

There are times when we feel “stuck” in our lives. We’ve hit a wall. We may keep making the same mistakes or find ourselves dealing with the same situation over and over.

Getting stuck is common a human experience. Most people find themselves stuck one time or another.

It’s not just habits or mistakes we make. Sometimes we can get stuck in life because we’re not sure where to go. Or how to go. Or what to do. We wait to hear from God, but all we hear is silence.

1. Get alone with Jesus and confess

2. Give it over to Jesus

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30

3. Believe that change is possible

4. Pray with whatever faith we have

Jesus was matter-of-fact: “Embrace this God-life. Really embrace it, and nothing will be too much for you. This mountain, for instance: Just say, ‘Go jump in the lake’—no shuffling or shilly-shallying—and it’s as good as done. That’s why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-life, and you’ll get God’s everything. Mark 11.22-24 (the message)

5. Move forward in faith

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What is God saying to me?

What am I going to do about it?

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