

It's important that God's Word continues after the message. At Celebrate, we find that you will talk over this week's message long after our experience is over. That's because God has lasting impact. The Sermon Discussion Guide is designed to help you continue the conversation all week.

I'm not stuck unless I stop!

Life is hard, and sometimes we get stuck in a rut. When this happens, we tend to stop and give up. The truth is that whatever you have done, no matter how many times you have blown it, Jesus loves you and He gets you. He doesn't tell you to get up, get your act together, try harder. He doesn't shame you. He knows what you're going through, and He wants you to rely on His promises, His Word, and His truth. When we stop, God can't move on our behalf. If we don't keep moving, God can't get us unstuck.

How do you keep from being stuck?

1. **Agree with God, don't argue.**

If you argue with God about your limitations, you get to keep them. If you agree with God about your potential, you get to grow into it. Satan loves to tell you that you're not worthy or you're useless. What are some of the lies you have believed and gotten stuck in? Describe a time when you felt stuck. What did you do? How did it turn out? Our past failures and successes are all part of who we are, but they don't get to decide who we can become. Share what you feel are your limitations. How can God turn them into unlimited possibilities?

Romans 12:2; 1 Timothy 4:12; James 1:2-4; John 5:1-8; Isaiah 40:31

2. **Build new defaults (habits).**

To do the new you, challenge the old you and old habits. We need to develop good habits that will put us in the right mindset and keep us from getting stuck. Describe a habit that you would like to change. How did that habit start? What are some things you can do to change it?

Joshua 1:6-7; 2 Corinthians 5:17

3. **Commit to progress, one step at a time.**

Constant progress, not instant perfection. We need to do whatever we can, no matter how small, to keep moving in the right direction. What one step can you take today to make progress on building a new habit?

Philippians 3:13-14

Make it Real

- Get intimate with God. Read His Word every day.
- Be intentional about changing a bad habit.
- Commit to progress, one step at a time.
- Find a place in church or your community to serve.