



3 Questions for Those Who Feel Spiritually "Stuck"



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Has your spiritual life gone stale, but you're not sure why? It happens to all of us at some time or another. Here are three sets of questions that we think are helpful to consider whenever we find ourselves stuck. It can be helpful to take some focused time with the Lord (an hour or two) to think about which of these issues might require the most attention at this stage of your life.

Am I clear on WHO I really am?

Do I need to check the narrative about myself that drives my view of the world and of my future? Has discouragement replaced the gospel of hope for me? Do I live as though I am sometimes a disappointment to God? To others?

Am I growing in my understanding and experience of union with Christ? Or, am I living with "identity fusion" with some other person or group? Union with Christ may seem like a great concept, but does it have any practical or noticeable effect upon me?

If you haven't done so, give attention to your story. Write out your life story and identify the patterns of how God has worked in your life. Note how and when God has moved in and around you. There is great benefit in this journaling practice.

Am I clear on **WHERE** or **WHY** I am stuck?

Am I preoccupied with disharmony in a close relationship, and frustrated because nothing seems to improve it? Am I preoccupied with distractions that don't really help me in becoming who I want to be?

Am I weighed down with unhealthy ways of relating? Do I have a hard time saying "no"? Or, on the other hand, do I tend to "bulldoze" others?



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Have I been honest about the **INTENSITY** of my disappointments?

Where or with what am I the most disappointed in life? Am I most disappointed with myself? With another? With God? Am I living with confusion because I lack discernment with circumstances beyond my control? Am I willing to offer "lament" to the Lord? True lament is the ability to complain to God with hopeful confidence.

Take some time to "discuss" these questions with the Lord. Invite the Holy Spirit's presence into this process. Ask for the Lord's truth to permeate your thinking about yourself, your future, and your world. Ask the Holy Spirit to recalibrate your emotions to reality. A centered sense of who we are, even in stressful times, makes us better lovers of those around us, especially with those who are difficult to love.

We often need help from others in this kind of soul work with God. If you could use the aid of "a spiritual companion," or spiritual director, contact us about how we might be helpful to you in the process of becoming "unstuck."



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