

### Proverbs- How Do I get Unstuck?

Welcome! Some of you may be here and just feel stuck today. It could be a relationship, or your health, or a habit, or your work/financial situation. You want to know how to fix the problem. In Acts 3:2, there was a lame man stuck at the gate called “Beautiful”. Is there any beauty in being stuck? How should I frame my ‘stuckness’? Here are a few Proverbs to give us wisdom.

1. Read Proverbs 15:13: *“A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.”* Describe a time in your life, when you felt stuck, ...to the point of deep sorrow and a “crushed spirit”. Is there ever any beauty in feeling stuck? Discuss.

2. What are the things that can keep us stuck? Can you relate to any of these? Discuss.

a. My Past- Bitterness

Proverbs 14:10 *“The heart knows its own bitterness, and no stranger shares its joy.”*

b. My Present- Foolishness, Lies, Fear of Man

i. Proverbs 12:15 *“The way of a fool is right in his own eyes, but a wise man listens to advice.”*

ii. Proverbs 14:25 *“A truthful witness saves lives, but one who breathes out lies is deceitful.”*

iii. Proverbs 29:25 *“The fear of man lays a snare, but whoever trusts in the Lord is safe.”*

c. My Future- Anxiety

Proverbs 12:25 *“Anxiety in a man’s heart weighs him down, but a good word makes him glad.”*

3. Discuss the areas in our lives where we experience repeated failures.

Proverbs 24:16 *“For the righteous falls seven times and rises again, but the wicked stumble in times of calamity.”*

Notice that the person who falls ‘a complete number of times’ is called ‘righteous’. How does knowing Christ inform us that we are already unstuck? How does that encourage us to get back up and continue moving forward?

**Bottom Line-** Getting unstuck involves an encounter with Christ.

#### Application

Take some time to pray quietly and ask God to encounter you in your ‘stuckness’. Ask Him to reveal to you what He is teaching you. Ask Him to give you faith to trust Him in the process.

## Proverbs- How Do I Get Unstuck?

### Proverbs 15:13

"A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed."

### I. There is Beauty in Being Stuck

Acts 3:2 "...that is called the Beautiful Gate..."

**Bottom Line-** Getting unstuck involves an encounter with Christ.

### II. What Keeps Me Stuck?

#### A. My Past

##### Proverbs 14:10

"The heart knows its own bitterness, and no stranger shares its joy."

#### B. My Present

##### 1. Foolishness

**Proverbs 12:15** "The way of a fool is right in his own eyes, but a wise man listens to advice."

**Proverbs 14:16-** "...a fool is reckless and careless."

**Proverbs 26:11-** "As a dog returns to its vomit, so fools repeat their folly."

##### 2. Lies

##### Proverbs 14:25

"A truthful witness saves lives, but one who breathes out lies is deceitful."

##### 3. Fear of Man

##### Proverbs 29:25

"The fear of man lays a snare, but whoever trusts in the Lord is safe."

#### C. The Future

##### Proverbs 12:25

"Anxiety in a man's heart weighs him down, but a good word makes him glad."

### III. The Hard Things in Life

##### Proverbs 24:16

"For the righteous falls seven times and rises again, but the wicked stumble in times of calamity."

**My Encounter with Christ****John 5:6b-9**

“Do you want to be healed?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.”

Jesus said to him, “Get up, take up your bed, and walk.” And at once the man was healed, and he took up his bed and walked.

**Bottom Line-** Getting unstuck involves an encounter with Christ.