

# **THE SEVEN REASONS WE GET STUCK**

## **LESSON 25**

### **STEP 12**

**Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.**

**“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.”  
(GALATIANS 6:1)**

## **LESSON 25**

### **PRINCIPLE 8**

**Yield myself to God to be used to bring this Good News to others, both by my example and by my words.**

**“Happy are those who are persecuted because they do what God requires.”  
(MATTHEW 5:10)**

As we complete this phase of our journey, not only are we on the last CR lesson but 2024 is a few days away from being over.  
Think about writing your testimony.

Have you discovered the rewards of being a newcomer or seeing newcomers come in?

There is a new role some of you should start thinking about, being a sponsor and helping others along their journey on the road to recovery by guiding them through the principles and steps. Your task is not to pick them up and carry them through the steps, but to stand alongside them as they complete their journey.

At times, you may need to slow them down when they are moving through the steps too quickly; or you may need to speed them up when they get stuck along the side of the road. There are seven major areas in which I have seen individuals get “stuck” at some point in their recoveries. It is important that you are familiar with each of them so you can help them get “unstuck.” **Here are the 7:**

**1. You have not completely worked the previous principle.**

**Perhaps you are trying to move through the principles too quickly.**

**Slow down!**

**Give God time to work!**

**Remember,**

**This program is a process.**

**“Since we live by the Spirit,  
Let us keep in step with the Spirit.”  
Galatians 5:25**

**2. You have not completely surrendered your life and your will to the Lord.**

**Perhaps you are trusting Jesus with the “big” things,  
But you still think you can handle the “small” things.**

**“Trust in the LORD with all your heart, And lean not on your own understanding;  
In all your ways acknowledge Him, And He shall direct your paths.”  
Proverbs 3:5-6 NKJV**

**3. You have not accepted Jesus’ work on the cross for your forgiveness.**

**You may have forgiven others,  
But you think your sin is too big to be forgiven.**

**“If we confess our sins, he is faithful and just and will forgive us our sins  
and purify us from all unrighteousness.”  
1 John 1:9 NIV**

**“He is so rich in kindness and grace that he purchased our freedom  
with the blood of his Son and forgave our sins.”  
Ephesians 1:7 NLT**

***Have you forgiven yourself?***

**Remember,**

**“Therefore,  
There is now no condemnation for those who are in Christ Jesus.”  
Romans 8:1**

**4. You really have not forgiven others who have harmed you.**

**You must “let go of the pain of past harm and abuse.  
Until you are able to release it,  
Forgive it,  
It will continue to hold you as its prisoner.**

**“In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. All power to him forever! Amen.”**

**1 Peter 5:10-11 NLT**

**5. You are afraid of the risk in making the necessary change**

**You may be paralyzed by the fear of failure.  
You may fear intimacy because of the fear of rejection or of being hurt again.  
You may resist change (growth) because of the fear of the unknown.**

**“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.”**

**Isaiah 41:10 NLT**

**“So, we can say with confidence, “The LORD is my helper, so I will have no fear.  
What can mere people do to me?”**

**Hebrews 13:6 NLT**

**6. You are not willing to “own” your responsibility.**

**What part did you Play?**

**You need to take responsibility for your past in a broken relationship,  
A damaged friendship,  
With a distant child or parent,  
And so forth.**

**“Search me, O God, and know my heart; test me and know my anxious thoughts.**

**Point out anything in me that offends you,  
and lead me along the path of everlasting life.**

**Psalms 139:23-24 NLT**

**7. You have not developed an effective support team.**

**Do you have a sponsor or an accountability partner?  
Do you have the phone numbers of others in your small group?  
Have you volunteered for a commitment to your recovery ministry?**

**“Walk with the wise and become wise; associate with fools and get in trouble.”  
Proverbs 13:20 NLT**

**“For you have been called to live in freedom, my brothers and sisters.  
But don’t use your freedom to satisfy your sinful nature.  
Instead, use your freedom to serve one another in love.”  
Galatians 5:13 NLT**

**“Share each other’s burdens, and in this way obey the law of Christ.”  
Galatians 6:2 NLT**

**Celebrate Recovery’s Daily Action Plan for Serenity**

Daily, continue to take an inventory. When you are wrong, promptly admit it.

Daily, study God’s Word and pray asking God to guide you and help you apply His teaching and His will in your life.

Daily, work and live the eight principles to the best of your ability, always looking for new opportunities to help and serve others – not just at your recovery meetings but in all areas of your life.

We did not discuss HONESTY

I think the Biggest Reason we get stuck and can’t seem to move forward is because we are not being honest.

Not being honest in all areas.

Not to ourselves,

Friends

Family

Accountability Partners

Sponsor

And Especially God

## Getting Unstuck

Sometimes we can feel stuck in our life and in our faith. It is discouraging because we feel like we are putting forth effort to grow, but we find ourselves circling around the same territory again and again. After a while we begin to wonder if it is worth the effort. It is tempting to give up and simply accept a trapped and defeated life instead of continuing to strive for victory and freedom.

While there are many ways that we can be stuck, I want to explore three of them and talk about ways that we move forward instead of remaining stuck.

### Anger

Some of us have explosions of anger, while others of us are a slow burn. Instead of lashing out immediately, we internalize our hurt and we replay over and over again the ways that we were wronged. This is understandable because we all experience real hurts and some of them cut us deeply. But as our anger turns to bitterness, we can find ourselves wandering around making no forward movement. The author of Hebrews warns us in **Hebrews 12:15**, “**See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.**”

The antidote to anger is forgiveness. When we forgive, we walk away from our anger and bitterness and we extend grace to others. As Paul says in Colossians 3:13, “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” When we have hurts, we are called to forgive. And for those of us who have been forgiven by God, we have the model and the motivation for forgiveness. We follow the lead of our Lord Jesus.

This doesn’t mean that forgiveness is easy. In fact, sometimes we might feel like we are blocked from forgiveness because the person who wronged us is not cooperating. When this happens, it is important to remember that forgiveness is not always the same as reconciliation. We can extend forgiveness to others—letting go of our bitterness—even if they never repent, apologize, or seek to make reparations. Forgiveness is not something that we need the cooperation of others in order to accomplish. Under the leading and empowering of the Spirit of God, we simply release our bitterness and no longer hold on to our (sometimes righteous) anger. We follow the lead of Jesus in forgiving others.

Reconciliation is always desirable when there has been something that stirs up anger. At the same time, feel the freedom to deal with one at a time. Forgive others, and then—when possible—seek to sort out what would go along with reconciliation. Reconciliation is a two-way street. But forgiveness is something you can do with no cooperation from others. If you are stuck in anger and bitterness, God invites you to walk forward in grace instead of remaining stuck.

## Grief

Sometimes we are stuck because we have experienced a loss and we simply have not found the way to move forward. This may be the loss of a person through death, the loss of a relationship through divorce or distance or conflict, or the loss of a job or a home or a dream. When we are in grief we find ourselves wandering, half-awake, though the maze and stumbling back to our place or origin.

Psalms 34:18 says, “The LORD is close to the brokenhearted and saves those who are crushed in spirit.” This is a comfort to those who are grieving. God is near! There is also an encouragement, though, to those who feel stuck in grief and discouragement. In Psalm 42:11 the psalmist asks, “Why, my soul, are you so downcast? Why so disturbed within me?” This is the honest question of a grieving and depressed person. They acknowledge their sadness. In fact, the person is bringing their grief before God. We never need to fear being honest with God about our grief and depression. He is close to the brokenhearted.

When the psalmist asks, “Why, my soul, are you so downcast? Why so disturbed within me?” he then speaks to himself. He gives himself an answer to his grief. He goes on to say, “Put your hope in God.” Remember God. Remember that your hope is not in money or houses or even in your relationships. Your ultimate hope is in God and He is faithful! The psalmist then says, “For I will yet praise him, my Savior and my God.” He has confidence that he will not always feel as depressed and discouraged as he currently does. In the future, he will praise God! After all, God is his savior. When you’re in grief, exercise faith that your times of praising God are not all in your past. There are times in the future when you will feel differently, times when your heart overflows with praise and joy. Hope in God in times of grief.

## Sin

Sometimes we’re not stuck because someone else wronged us, or because we suffered a loss, but because we have a sinful habit that has stalled our lives. Whether it is drunkenness, pornography, dishonesty, drugs, infidelity, stealing, or some other sin, we sometimes find that it is not as easy to walk away from sin as we thought it would be. We find that Paul was right in Romans 6:16, “Don’t you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one who obeys—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?” In essence, Paul reminds us that when we choose to sin, we choose sin as our master. We don’t use sin for our purposes; sin uses us for its purposes. When we choose sin, we choose to be slaves.

What do we do when we’re stuck in sin? I want to give a theological answer and a practical answer. The theological answer is found in **Romans 6:13** when Paul says, **“Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.”** Don’t tinker with sin. Run away. Flee. Stop!

And instead offer yourself completely to God for His purposes. Being a “slave” to God is the only true path to joy and freedom.

The practical answer is still needed, though, because we often want to stop sinning, but we find it very difficult. If this is the case, then the single biggest piece of advice I have is to bring someone else into the battle.

In Galatians 6:2 Paul writes, “Carry each other’s burdens, and in this way you will fulfill the law of Christ.” Enlist someone else in your battle. If this is through Celebrate Recovery or Life Care or through a friend or a pastor or a Life Group leader, look for someone to join you in the fight. And make sure you don’t simply enlist a confessor who will listen to your sins and sympathize with you. Enlist a fellow soldier. Enlist someone who will hold your feet to the fire. Enlist a friend (or several) who will fight alongside you and who will call you out when you are returning to your sin. If you want to be unstuck, you need to fight for freedom.

If you feel stuck right now, don’t lose hope.

God loves to lead us in freedom and victory and growth.  
If you need help, seek it out.

If Nothing Changes  
Nothing Changes.