



# You ASKED FOR IT!

I'm stuck spiritually. Now what?

## GET GOING

We can all stall out or get stuck at some point on our spiritual journey. It is easy in those moments to get frustrated, jaded, or discouraged. When life doesn't unfold as expected we can turn God off or turn on God. These seasons are a normal part of the Christian experience and getting unstuck is possible. Let's talk about it.

## DISCUSS

1. **What is the most damage you ever caused with a vehicle?**
2. **How do you typically respond when you get stuck in traffic? Be honest!**
3. We all face times when things don't turn out as expected. **When have you had an event or season of life that didn't meet your expectations?**
4. **Read 2 Kings 20:1-11.** Hezekiah was terminally ill. He was stuck. **What did Hezekiah do?** (Answer: Hezekiah prayed to God.)
5. Read verse 3 again. Hezekiah's prayer was not long or persuasive. **How would you describe his prayer? What were the results?** (Answers: totally honest. God gave him more time on Earth.)
6. **Share about a time when you felt stuck or stale in life. How long did it last?**
7. **Did you try anything to fix it it *did not* work?**
8. **How did you get unstuck?**
9. The spiritual disciplines are the tools we can use to draw closer to God. They are things like reading the Bible, prayer, worship, journaling, confession, community, and rest. **What has helped you draw closer to God recently?**

## WRAP IT UP

End your time together by encouraging group members to check out the many resources at [parkerhill.org/toolbox](http://parkerhill.org/toolbox) to help them get unstuck. These are great to share with friends who can use the tools too! You can use them alone, as a group, or with family.