

# From stuck to unstuck

Have you ever felt stuck? Maybe in your faith, your marriage, your career, or even your mental health? Feeling stuck can be one of the most frustrating experiences — like running in place but never getting anywhere. Today, I believe God wants to give you a fresh wind, a new direction, and the power to walk out of “stuck mode” and into the freedom He’s called you to live in!

**John 5 1-15** After this there was a feast of the Jews, and Jesus went up to Jerusalem. **2** Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, [a]Bethesda, having five porches. **3** In these lay a great multitude of sick people, blind, lame, [b]paralyzed, [c]waiting for the moving of the water. **4** For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. **5** Now a certain man was there who had an infirmity thirty-eight years. **6** When Jesus saw him lying there, and knew that he already had been *in that condition* a long time, He said to him, “Do you want to be made well?” **7** The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.” **8** Jesus said to him, “Rise, take up your bed and walk.” **9** And immediately the man was made well, took up his bed, and walked. **10** The Jews therefore said to him who was cured, “It is the Sabbath; it is not lawful for you to carry your bed.” **11** He answered them, “He who made me well said to me, ‘Take up your bed and walk.’” **12** Then they asked him, “Who is the Man who said to you, ‘Take up your bed and walk’?” **13** But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in *that place*. **14** Afterward Jesus found him in the temple, and said to him, “See, you have been made well. Sin no more, lest a worse thing come upon you.” **15** The man departed and told the Jews that it was Jesus who had made him well.

In Hebrew, "Bethesda" means "house of mercy" or "house of grace". It is a combination of the Hebrew words "beth" (house) and "hesed" (mercy).

Of course! Here’s an expanded version of your sermon on “**Become Unstuck**”, keeping your structure and heart behind it while building it out with more depth, encouragement, and Scripture references if you’d like to add them:

## 1. Make a Decision to Walk Out of Stuck Mode

It all starts with a decision. No one can make the choice for you. You can’t blame your past, your parents, your boss, your friends, or even your circumstances forever.

**Decide:** *“I’m not staying here anymore.”*  
It’s a spiritual act of will, an act of faith.

God often won’t move until we make the first move. When the Israelites were stuck at the Red Sea, Moses told the people, *“Stand firm...the Lord will fight for you!”* (Exodus 14:13-14). But immediately after, God said to Moses, *“Why are you crying out to me? Tell the Israelites to move on!”* (v. 15).

**Point:** You can pray and cry about being stuck, but at some point, you have to *decide* to move forward.

## 2. Get a Vision for the Area You Feel Stuck In

Vision is critical because *what you see in your heart* determines *where you’ll walk with your feet*. Without vision, we stay stuck in cycles, old thinking, and survival mode.

Proverbs 29:18 says, *“Where there is no vision, the people perish.”*

Ask God:

- What does freedom look like in this area?
- What is the bigger picture for my life?

- How does He want me to grow?

**Let the vision embrace you, and you embrace that vision.**

You have to *see it* before you *seize it*.

Paint that mental picture so clear that staying stuck becomes unacceptable.

### 3. Make the Vision a Reality: Focus on What You Can Do

It's easy to get overwhelmed focusing on all the things you *can't* do.

Don't stay paralyzed. Start small. Start where you are.

**James 2:17** reminds us that "*faith without works is dead.*"

That means you have to *work* your faith!

- If you're stuck financially, take a step — maybe it's creating a budget or meeting with a financial advisor, or someone that can help you formulate a winning strategy for your finances
- If you're stuck spiritually, take a step — join a Bible study, start a prayer habit- take steps each week to follow Jesus and to share your faith
- If you're stuck relationally, take a step - to start seeing others through the eyes of faith instead of suspicion —
- 1 Cor 13 says that loves believes **all** things

**Point:** Small steps in the right direction will get you out of stuck mode faster than wishing or complaining ever will.

### 4. Get Help from People Who Have Become Unstuck

You weren't created to do life alone.

Find people who have *walked through* what you're *walking through*.

Find mentors, counselors, coaches, small groups, pastors — people who have already fought and won the battles you're facing.

Proverbs 11:14 says, "*Where there is no guidance, a people falls, but in an abundance of counselors there is safety.*"

Pride says, "*I can figure it out myself.*"

Humility says, "*I need help.*"

Healing often comes when we link arms with others who can show us the way forward.

#### Closing:

Today, you don't have to stay stuck.

You can make a decision, catch a vision, take steps, and lean into the wisdom of others.

And here's the best news: **God is with you every step of the way!**

Philippians 1:6 says, "*He who began a good work in you will carry it on to completion until the day of Christ Jesus.*"

#### Declare it:

"I am not stuck. I am moving forward. My best days are ahead. In Jesus' name!"