

Refuse to Stay Stuck

How God helps us let go of old habits and become new people

Time:
5-7 minutes

Focus:
Change, Repentance,
Growth

Scriptures

Isaiah 43:19
2 Corinthians 5:17
Ephesians 4:22-24
Colossians 3:9-10
Ezekiel 11:19
Lamentations 3:22-23
Psalm 40:3
Romans 6:1-4

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone. Tell God about any habits you would like his help to change, and ask him to help you become someone new.

Thought starter

Read Isaiah 43:19 slowly. Then read it again:

Isaiah 43:19 NCV

“Look at the new thing I am going to do. It is already happening. Don't you see it? I will make a road in the desert and rivers in the dry land.”



God is always moving forward. He loves doing new things in our lives and turning nothing into something. If we want to follow him, we can't face backward. Imagine trying to drive a car on the freeway by staring in the rearview mirror the whole time—you're going to crash!

In the same way, we can't live life looking back or staying in the same place. We need to move forward. Maybe there's a habit we are stuck in that we don't know how to change. Or maybe there is a dream we want to reach and don't know how to get there. No matter where we are stuck, God has the power to help us move forward and grow. We just have to let him.

Here's what we'll learn in this Quick Quiet Time:

- Holding on to old habits and ways of thinking keeps us stuck.
- God changes our hearts, not just our behaviors.
- Taking action keeps renewal going.

We need to let our old self go.

Isaiah 43:19 NCV

If anyone belongs to Christ, there is a new creation. The old things have gone; everything is made new!



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Notes:

Ephesians 4:22-24 NLT

... throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. Instead, let the Spirit renew your thoughts and attitudes. Put on your new nature, created to be like God—truly righteous and holy.


Colossians 3:9-10 NCV


Do not lie to each other. You have left your old sinful life and the things you did before. [10] You have begun to live the new life, in which you are being made new and are becoming like the One who made you. This new life brings you the true knowledge of God.


 **Truth bomb:** We can't step into a new life while still nurturing old habits.

- God is all about new beginnings. He moves forward. He gave us Jesus so we can have a new life, but sometimes we still hold on to things from our old life.
- Old patterns and habits include things like this: lust, deception, and lying to each other. These keep us stuck.
- God can make us new, but we have to make the choice to let go of the old.

Metaphor moments:

 Butterflies can't fly if they keep trying trying to crawl like a caterpillar. In the same way, we can't live God's new life if we keep trying to live our old one.

 We can't enter a new room if we are still holding on to the doorknob of the old one. We have to let go to move forward. God opens the door for us; we just need to walk through completely.

 A car left parked too long doesn't stay pristine—it rusts. Stagnation is slow-motion decay. We are either being renewed or being drained.

**Reflect**

- What “old self” habits am I still choosing?
- Where am I staying stuck, even though God's shown me how to move forward?

 **God is always changing us from the inside out.**

Ezekiel 11:19 NLT

And I will give them singleness of heart and put a new spirit within them. I will take away their stony, stubborn heart and give them a tender, responsive heart ...

Notes:

Lamentations 3:22-23 NIV

Because of the LORD's great love we are not consumed, for his compassions never fail. [23] They are new every morning; great is your faithfulness.

Psalm 40:3 NCV

He put a new song in my mouth, a song of praise to our God. Many people will see this and worship him. Then they will trust the LORD.

Truth bomb: We can try to fix behavior, but only God transforms the heart.

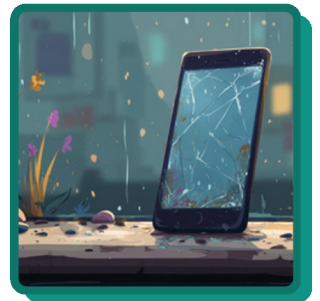
- God has the power to change our hearts from stony to soft—resistant to willing.
- He gives us this do-over out of his kindness and mercy. We don't have to earn it.
- No matter how yesterday went, every morning God says, "Let's try again."
- Even if our circumstances don't change, God can change our attitude about them. He gives us a "new song" to sing.

Metaphor moments:

👉 A case covers up a cracked phone screen, but it doesn't fix it. Fixing those cracks means completely replacing the glass. God replaces our hearts so we are completely healed.

Reflect

- What part of my heart needs God's touch? Where might I be stuck or stubborn?
- What mercy do I need to receive instead of resist?
- What "old song" is God replacing in me by helping me to see things his way?

**Growth isn't a one-time thing.****Romans 6:4 ESV**

We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

Lightbulb moment: Renewal is watered by action.

- Plants that aren't watered don't stay the same; they die.
- Transformation requires participation. God is ready to give us a new life, but we need to keep walking on the path he gives us. We can't hike a new trail while our feet stay glued to the parking lot.

Notes:

 **Write it down**

- What step toward newness is God nudging me to take?
- Where have I stopped growing because I stopped responding to God's kindness?

**Humor break!**

Why did the caterpillar switch trees? He wanted to turn over a new leaf.

Share the inspiration!

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