

## Personal/Life Group Questions

1. How have you been stuck in a rut lately? How has it affected you spiritually?
2. Describe what are some of the routine behaviors or patterns of your life. How many are out of responsibility and how many are there because of reaction to something that happened or might happen?
3. Which of the four areas of self-sufficiency fit who you are?
4. What opportunities do you have in the next six months to go on a trip that could change not only your latitude but also your attitude? (Think spiritual retreat, mission trip even vacation.)
5. Busy? Maybe super busy? How can you open up pockets of rest and quiet in your schedule so that you can hear the call of God on your life?
6. How have your spiritual practices , such as worship and prayer, become predictable to the point of not making much of a difference anymore? What can you do to get back the freshness of the God who first treated you with grace?
7. What is the “staff” that you need to “throw down”? Can you do it?

**(UN)**

**STUCK**



**Sunday January 18**

**Unstuck**

*“Breaking Free From The Cage of Routine”*

# Unstuck

## Breaking Free From The Cage of Routine

Routines are shaped by **RESPONSIBILITIES & REACTIONS**

Routines often reflect what we **RELY** on or **TRUST** in

Routines can help or hinder how we **HEAR GOD**

### God pulls Moses out of a rut

<sup>1</sup>Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. <sup>2</sup>There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. <sup>3</sup>So Moses thought, "I will go over and see this strange sight—why the bush does not burn up." <sup>4</sup>When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!" And Moses said, "Here I am." <sup>5</sup>"Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground." (Exodus 3:1-5, NIV)

To move us out of a rut, God uses **GRACE**

### Why did Moses resist God's Grace?

<sup>6</sup>Then he said, "I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob." At this, Moses hid his face, because he was afraid to look at God. (Exodus 3:6, NIV)

1. He did not adequately deal with his **GUILT**

### **SIN/FAILURE**

Meeting **LEGITIMATE** needs in **ILLEGITIMATE** ways

<sup>10</sup> So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." <sup>11</sup> But Moses said to God, "Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?"

(Exodus 3:10, NIV)

2. We see **RECEIVING** as **WEAKNESS**

The Staff of **SELF SUFFICIENCY**

Excellence

Discipline

Education

Independence

### Routines that can help us hear & respond to God's voice

<sup>1</sup> These are the commands, decrees and laws the Lord your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, <sup>2</sup> so that you, your children and their children after them may fear the Lord your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life. (Deuteronomy 6:1-2, NIV)

1. **THIS**      Connect – Grow – Serve

2. Read / Pray

3. Try some **SPIRITUAL DISCIPLINES**

4. Develop a mutually encouraging **SPIRITUAL FRIENDSHIP**

5. Retreat/Missions Trip/Conference

6. Invite someone to church **NEXT WEEK**