

# SERMON NOTES

February 10 & 11, 2024

**Unstuck:** Stuck Happens

Romans 7:15, 18-20

1. Jesus is still \_\_\_\_\_. **John 8: 34, 36 | Galatians 5:1 | 2 Corinthians 3:17**

2. Step 1: We admit we are \_\_\_\_\_ over our fatal attraction to do wrong and that our

lives have become \_\_\_\_\_. **Romans 7:15, 18a-21**

3. My ultimate reality: I am \_\_\_\_\_.

4. I do what I don't want to do because of \_\_\_\_\_. **Romans 7:20**

5. Sin is the \_\_\_\_\_ that I can \_\_\_\_\_ of God. **Genesis 3:5**

6. My ego \_\_\_\_\_. **Isaiah 53: 6 a | Luke 18:24-27**

7. What unites us: \_\_\_\_\_ powerless messed up sinners who \_\_\_\_\_

\_\_\_\_\_. **Romans 3:23**

**Homework:** \_\_\_\_\_ to someone.

**I John 1:8-9 | James 5:16**

# Life Steps

**Unstuck:** Stuck Happens | February 10 & 11, 2024

## Monday

**Genesis 3:1-5**

**Reflect:** What happens when we try to be like God? Why doesn't that work? How God centered is your life versus self-centered? Explain.

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.

## Tuesday

**Romans 7:14-30**

**Reflect:** Name an area or areas of your life where you are stuck. When you recognize you are stuck, how do you normally respond?

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.

## Wednesday

**Romans 7:21-25**

**Reflect:** What does the Apostle Paul say is the reason he does not do the good he wants to do but does evil instead? How has this been true in your life? Paul was a devout follower of Jesus but he still struggled with this. What does that say about the nature of human beings?

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.

## Thursday

**I John 1:8-9**

**Reflect:** What impact will confessing have on areas of our life where we are stuck? How does humility help us get unstuck?

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.

## Friday

**James 5:16**

**Reflect:** How is pride the enemy of hope? What do you need to confess to others this week? What if anything is holding you back from doing so? To whom are you going to trust with your confession?

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.

## Saturday

**Galatians 5:1 | 2 Corinthians 3:17-18**

**Reflect:** How can we become unstuck? In what ways does Christ set people free? Where do you need to be set free?

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.

## Sunday

**Psalms 103:1-5**

**Reflect:** Meditate on these lines: "Come, Holy Spirit. Forgive me, heal me, redeem me, teach me to surrender." Repeat slowly several times.

**Prayer:** God, I admit I am powerless over my sin. My life without you is unmanageable. Help me, in Jesus name, amen.