



5 Day Devotional

Feeling stuck can be confusing because not all stuckness comes from the same place. Over the next five days, you will trace how God meets you in disobedience, in wounds caused by others, and in the slow process of becoming who He called you to be. Each day invites you to name what's true, respond to what God has already spoken, and take one faithful step toward freedom.

Day 1

Jonah 1:1-3

God's call is often clear, but our response is not. Jonah received a direct assignment—go to Nineveh—yet he chose the opposite direction, trying to outrun the presence of the Lord. Many of us feel stuck not because God is silent, but because His word has already landed and we keep delaying, negotiating, or hoping for a different instruction.

The sermon emphasized that running doesn't just change direction; it usually takes us down. Disobedience can feel like relief in the moment, but it quietly shrinks our life and clouds our discernment. Today is about getting honest: where are you avoiding what you already know God has asked of you, and what "tomorrow" promises are keeping you locked in place?

Questions:

1. What would you attempt to do if you knew you could not fail?
2. In what ways do your values influence your daily decisions?
3. How can embracing vulnerability lead to deeper connections with others?

Day 2

Jonah 1:12-15

Jonah's storm didn't just affect Jonah. The sailors were pulled into chaos they did not create, risking their lives because of someone else's choices. The sermon named a painful reality: sometimes you're stuck because of what you did, and sometimes you're stuck because of what was done to you—or because you were simply close to someone else's disobedience.

Yet Jonah also shows a turning point: he stops making excuses and owns his part out loud. Owning your part is not self-hatred; it is clarity. And clarity is often the first mercy God gives before He calms the sea—because it helps you stop pretending, stop blaming, and start moving toward healing and change.

Questions:

1. What is one experience you've had that fundamentally changed your perspective on life?
2. How does the concept of time influence your priorities and ambitions?
3. What role does empathy play in resolving conflicts within relationships?

Day 3

Psalm 13:1-2

David's prayer gives language to the stuck places that feel spiritual and emotional at the same time: "How long?" He isn't performing; he's processing. The sermon highlighted that stuckness can come from taking "counsel in my soul"—replaying fears, arguments, and worst-case scenarios until sorrow feels daily and automatic.

This is an invitation to bring your unedited reality to God instead of becoming a "professional spirit talker." Lament is not unbelief; it is refusing to pretend. When you name your pain before the Lord, you create space for God to enlighten your eyes, interrupt the internal loop, and restore movement where despair has tried to settle in.

Questions:

1. If you could change one misconception about yourself, what would it be and why?
2. How can we learn from mistakes rather than allowing fear of being wrong to hinder growth?
3. In what ways do our individual stories contribute to the greater narrative of humanity?

Day 4

Romans 12:2

The sermon warned that focusing on what others did to you can cause you to miss what God is trying to accomplish in you. That doesn't minimize harm; it redirects your attention to what you can actually steward. Transformation often begins when your mind stops defaulting to helplessness and starts learning a new pattern—one shaped by truth rather than trauma, resentment, or fear.

Renewal is a process, not a switch. God may not change His word, but He will change you as you practice obedience in the middle of discomfort. Sometimes the resistance you feel is not proof you're failing; it can be evidence that you're no longer feeding the flesh and that God is rebuilding your capacity for freedom, wisdom, and endurance.

Questions:

1. What is the importance of community in fostering personal and collective growth?
2. How do our fears shape the choices we make, both positively and negatively?
3. In what ways does art reflect and challenge societal norms and values?

Day 5

Psalm 30:11

God's goal is not to keep you stuck in the storm, the fish, the cross, or the grave. The sermon pointed to Jesus: He did not remain where pain tried to define Him, because death could not hold Him and the Father was His source. That same resurrection power trains you to move forward—not by denying suffering, but by refusing to let suffering become your identity.

“Mourning into dancing” is not instant happiness; it is God restoring movement, praise, and purpose. Sometimes praise begins as an act of faith—honoring God's work in others and trusting Him to write your story too. As you practice gratitude and obedience, you make room for God to turn the very place you felt trapped into a testimony of His freedom.

Questions:

1. How can gratitude influence your mental well-being and outlook on life?
2. What is one question you've always wanted to ask but never have, and what holds you back?
3. How does your environment shape your thoughts, feelings, and behaviors?