

ON THE ROAD WITH JESUS

GRIDLOCK: WHEN LIFE SHOWS US NO WAY OUT

Looking at the Personal Well-Being visual aid below, what is one step that you would be willing take to help yourself live more fully in who God says you are? Who could you walk with to follow through on that decision?



For more information go to <https://www.stefanierowe.com/>

Paul encourages us to "live our faith" by "showing up" vs "shutting down." Look at the following chart and reflect on how you may live differently if you knew the darkness you were experiencing could be used to help someone else out of theirs?

Shutting down leads to:

- broken relationships
- resentment
- isolation
- ingratitude
- "the inability to see the world positively
- bitterness
- distance from God
- the inability to produce great work
- stunted emotional growth
- unrealized potential/influence
- apathy toward physical health

Showing up, on the other hand:

- brings true joy over being the bigger/better person
- allows you to control your emotions instead of them controlling you
- keeps you open and loving
- ushers in an attitude of gratitude
- gives you a new perspective about hard things
- eradicates resentment
- facilitates a deeper relationship of trust with the Lord
- brings on the flow of new ideas and dreams
- causes growth, change, and progress to occur
- allows God to use your life
- creates a new care for your personal health

Information from the book "The Hard Good" by Lisa Whittle

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Paul warns us from worldly based philosophies, traditions, and elements that can distract us from Jesus' way. Be willing to share at least one distraction that consistently leaves you hitting a wall and keeping you from living out God's purpose for your life.

HAGBERG'S SIX STAGES OF PERSONAL POWER

