

# SMALL GROUP DISCUSSION GUIDE

## How Do I Get Unstuck?



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

- Have you ever (literally) been *stuck* somewhere? When have you felt *stuck* in a relationship, job, difficult times, etc.? How does it feel to be stuck?
- Why do we assume that if we just *work harder*, or that it's up to *us alone* to get ourselves unstuck?
- What would it mean to get help "right where we're at" to get unstuck?
- The "Ever Forward" barge that was stuck in Chesapeake Bay had to unload cargo, rely on tugboats, and wait for high tide in order to become unstuck. How could that image apply to us?
- What does it mean to you that God intervenes, interrupts, intercedes, enters into our lives in order to get us unstuck?

## BIBLE

Use the Bible App or Google search to look up John 5:1-9. What do you notice?

## PRAY

God of love, we know that you promised to stand by us, in sickness and frustration and doubt and fear, help us have the courage to follow you even when we're feeling stuck. In Jesus' name we pray, Amen.

