

Come Back to Life

When I feel empty, stuck, hardened, angry or want to run: Jesus restores me

TAMMY LODGE

Regulated Woman

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or want to run: Jesus restores me

Fully alive in Him

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Welcome

Look! I am going to put breath into you and make you live again!
Ezekiel 37:5

Sometimes life leaves us feeling empty, stuck, hardened, angry or wanting to run. We may not even know why. We just know we don't feel fully alive.

The world offers many techniques to "unlock" us. But real life comes from Jesus. He came so that we could have life, and have it to the full.

My purpose is to give them a rich and satisfying life.
John 10:10

This booklet looks at five places many of us get stuck, and how God meets us in each one.

This booklet will help you:

- recognise where you feel least alive
- hear what God says to you there
- pray and take gentle, practical steps
- come back to life in Him.

GO GENTLY

Go slowly. If anything feels like too much, pause, and reach out to someone you trust. If difficult feelings persist, please speak to your doctor.

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The Valley of Dry Bones

Can these bones live?

God showed Ezekiel a valley full of dry bones. Then He asked, “Can these bones become living people again?”

> *“O Sovereign Lord,” I replied, “you alone know the answer to that.”*
> *Ezekiel 37:3*

God told Ezekiel to speak to the bones. As he did, the bones came together, flesh and skin covered them, and then breath came into them.

> *They all came to life and stood up on their feet—a great army.*
> *Ezekiel 37:10*

However dry, lifeless or hopeless I feel, God can breathe new life into me.

The dry places in my life:

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Where Am I?

Five places we get stuck

IF I OFTEN FEEL…	TURN TO PAGE
Empty, never full, nothing is enough	Nothing Is Enough
Stuck, heavy, going round in circles	Stuck and Heavy
Rigid, hard, trying to do it “right”	A Softer Heart
Angry or unloved	Angry and Unloved
Always wanting to escape or run	Always Wanting to Run

Where I find myself most often:

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Nothing Is Enough

When I can't get full

Some of us feel an emptiness that nothing fills. We eat, buy, scroll, work, seek attention or keep busy, and we're still hungry.

> *Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again.*
> John 4:13–14

> *I am the bread of life. Whoever comes to me will never be hungry again.*
> John 6:35

> *For he satisfies the thirsty and fills the hungry with good things.*
> Psalm 107:9

What I've been using to fill the emptiness:

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Filled by Him

Learning to receive

STEPS TO TAKE

- ☐ Notice the emptiness, and bring it to Jesus first.
- ☐ Pause before reaching for something to fill it.
- ☐ Sit with Him for a few minutes, and let Him love me.
- ☐ Receive the good things He sends: rest, friendship, food, kindness.
- ☐ Give thanks for what I already have.

A PRAYER

Jesus, I've been trying to fill myself with things that never satisfy.
You are the bread of life and the living water.
Fill the empty places in me with Your love.
Teach me to receive, and to be satisfied in You.
Amen.

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Stuck and Heavy

Going round in circles

Some of us feel stuck, heavy and stagnant. The same patterns repeat, year after year.

He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along.
Psalm 40:2

So Christ has truly set us free. Now make sure that you stay free.
Galatians 5:1

STEPS TO TAKE

- ☐ Name the cycle honestly.
- ☐ Ask God to show me the root.
- ☐ Do one small thing differently today.
- ☐ Get moving: walk, open the windows, step outside.
- ☐ Ask someone to walk with me.

A PRAYER

Lord, lift me out of the mire. Break every cycle that isn't from You. Set my feet on solid ground, and help me take the next step. Amen.

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A Softer Heart

When I've become rigid

Some of us learned early on to follow the rules, perform well and do everything "the right way". We may look capable, but inside we feel hard, tense and far from the softness of our own hearts.

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.
Ezekiel 36:26

How foolish can you be? After starting your new lives in the Spirit, why are you now trying to become perfect by your own human effort?
Galatians 3:3

STEPS TO TAKE

- ☐ Remember: I'm saved by grace, not by getting it right.
- ☐ Let myself make mistakes, and receive His grace.
- ☐ Play, laugh and rest without earning it.
- ☐ Let others help me.

A PRAYER

Father, I've been trying so hard to get everything right. Soften my heart. Let me rest in Your grace, and receive Your love without having to earn it. Amen.

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Angry and Unloved

When anger covers the hurt

Anger often sits on top of hurt. Underneath, there may be a deep feeling of being unloved, unseen or treated unfairly.

I have loved you, my people, with an everlasting love.
Jeremiah 31:3

But God showed his great love for us by sending Christ to die for us while we were still sinners.
Romans 5:8

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.
Ephesians 4:26–27

STEPS TO TAKE

- ☐ Ask: what's the hurt underneath my anger?
- ☐ Tell God honestly how I feel.
- ☐ Forgive, as I've been forgiven.
- ☐ Receive His love in the place where I felt unloved.

A PRAYER

Lord, I've carried anger for so long. Show me the hurt underneath, and heal it. Pour Your love into the places where I felt unloved. Help me to forgive. Amen.

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Always Wanting to Run

When I want to escape

Some of us always want to escape: to pull away, be alone, avoid people and keep our distance. We may feel detached, flat or as if we're watching life from the outside.

Elijah ran into the wilderness and sat under a tree, wanting it all to end. God didn't scold him. He let him sleep, fed him, and then spoke to him gently (1 Kings 19:4–12).

I can never escape from your Spirit! I can never get away from your presence!
Psalm 139:7

God places the lonely in families.
Psalm 68:6

STEPS TO TAKE

- ☐ Rest, eat well and look after my body, like Elijah.
- ☐ Stay, just a little longer than I want to.
- ☐ Reach out to one safe person.
- ☐ Join others for worship and fellowship.

If you feel low or withdrawn for a long time, please speak to your doctor.

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Lazarus, Come Out!

Unwrapped and set free

Lazarus had been dead for four days. Everyone thought it was too late. But Jesus called him by name.

> *Then Jesus shouted, "Lazarus, come out!" And the dead man came out, his hands and feet bound in graveclothes, his face wrapped in a headcloth. Jesus told them, "Unwrap him and let him go!"*
> *John 11:43–44*

Jesus brought Lazarus back to life. Then He asked others to help unwrap him.

WHAT JESUS IS CALLING ME OUT OF

- ☐ Old graveclothes: habits, patterns and identities
- ☐ Places I've been hiding
- ☐ Things that have bound my hands and feet

Who could help unwrap me?

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Coming Back to My Body

Caring for the temple

God made my body, and He cares about it. I don't need special techniques to "unlock" it. I can simply care for it well, as an act of worship.

Don't you realize that your body is the temple of the Holy Spirit?... So you must honor God with your body.
1 Corinthians 6:19–20

GENTLE WAYS TO CARE FOR MY BODY

- ☐ Walk outside in God's creation.
- ☐ Stretch gently when I wake up.
- ☐ Swim, garden or dance in worship.
- ☐ Rest and sleep well.
- ☐ Drink water and eat simple, fresh food.
- ☐ Laugh, sing and play.
- ☐ Give thanks for what my body can do.

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Life to the Full

A rich and satisfying life

Jesus didn't come to give us a bare existence. He came to give us life: rich, full and satisfying.

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.
John 10:10

SIGNS I'M COMING BACK TO LIFE

- ☐ I notice beauty again.
- ☐ I laugh more easily.
- ☐ I want to be with people.
- ☐ I'm hungry for God's Word.
- ☐ I have hope for tomorrow.
- ☐ I'm grateful for small things.

This is the day the Lord has made. We will rejoice and be glad in it.
Psalm 118:24

What a rich and satisfying life looks like for me:

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Prayers and Declarations

A PRAYER TO COME BACK TO LIFE

Father, I want to be fully alive in You.
Fill my emptiness. Lift me out of the mire.
Soften my heart. Heal my hurt. Stay with me when I want to run.
Breathe Your life into me, as You breathed life into the dry bones.
Make me fully alive, in body, soul and spirit.
In Jesus' name,
Amen.

I DECLARE

Jesus satisfies me. I am filled.
I am set free, and my feet are on solid ground.
God has given me a soft and tender heart.
I am loved with an everlasting love.
I don't need to run. He is with me.
God is breathing new life into me.

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My Journal

Coming back to life

DATE	WHERE I FELT STUCK	HOW GOD MET ME

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A Closing Blessing

May the Lord breathe His life into every dry place in you.
May He fill your emptiness, lift you from the mire,
soften your heart and heal your hurt.
May you stop running, and find Him right beside you.
May you come back to life, rich and satisfying, in Him.
Amen.

Live again.

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My Notes and Prayers

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Look! I am going to put breath
into you and make you live again!
Ezekiel 37:5

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