

A photograph of two men on a grassy hill at sunset. One man, wearing a white t-shirt and a baseball cap, is leaning forward and helping the other man climb. The second man, wearing a plaid shirt, is reaching up to be pulled. The sun is low on the horizon, creating a strong backlight effect and silhouettes of the men and the grass. The sky is filled with soft, golden clouds.

HELP, MY FAITH IS STUCK!

A 4-STEP GUIDE FOR MOVING FORWARD

INTRODUCTION

Many people experience moments when their faith feels stagnant, their spiritual journey halted. Many years ago, I went through a season of profound struggle and loss, which led to a period of questioning everything. However, through time, support, and self-reflection, I emerged from this crisis stronger, ready to face life's challenges with a faith that had been tested and refined.

I've put together this eBook to guide you through a four-step process to rekindle and deepen your faith. The four pillars are:

Pillar 1: Self-Reflection

Pillar 2: Reconnecting to Your Spiritual Practices

Pillar 3: Try a New Experience

Pillar 4: Find a Mentor

This eBook is only the starting point. We have a 6 part podcast series that goes in depth with each pillar, a workbook to walk you through the process, a checklist to keep you motivated, and a website that contains all these resources. By the end, you'll have practical tools and insights to overcome spiritual inertia and move forward with renewed vigor. Visit our website to get started:

VISIT: WWW.EVERYDAY-GRACE.ORG/GETUNSTUCK



SELF-REFLECTION

Understanding the Stagnation

The first step to overcoming a stuck faith is to understand the underlying causes. Self-reflection is a powerful tool in this process. Here's how you can start:

Journaling: Write down your thoughts, feelings, and experiences. What do you think is causing your faith to feel stuck?

Prayer and Meditation: Spend quiet time in prayer or meditation, asking for clarity and understanding about your current state.

Seek Feedback: Talk to trusted friends, mentors, or spiritual leaders who know you well. Their insights can provide a different perspective.

Key Questions for Self-Reflection:

- ⇒ **When did I first notice my faith feeling stuck?**
- ⇒ **What life events or changes might have contributed to this feeling?**
- ⇒ **Are there specific doubts or questions I'm struggling with?**

By engaging in deep self-reflection, you can identify specific areas that need attention and start to address them thoughtfully.





RECONNECTING WITH SPIRITUAL PRACTICES

Reinvigorating Your Routine

Sometimes, faith becomes stagnant because spiritual practices have become routine or neglected. Reconnecting with these practices can breathe new life into your faith.

Regular Prayer: Set aside specific times each day for prayer. Use this time to speak openly with your higher power about your struggles and desires.

Scripture Study: Dive deeper into scripture. Try different approaches, such as thematic studies, verse-by-verse analysis, or using commentaries.

Worship and Community: Engage more actively in communal worship and activities. Being part of a faith community can provide support and encouragement.

Practical Tips:

- ⇒ **Create a dedicated space for prayer and meditation.**
- ⇒ **Join a study group to explore scriptures with others.**
- ⇒ **Volunteer for activities within your faith community to build connections and serve others.**

By re-establishing and diversifying your spiritual practices, you can rediscover the joy and meaning they bring to your faith journey.



EMBRACING NEW EXPERIENCES

Stepping Out of Your Comfort Zone

Sometimes, faith gets stuck because we become too comfortable. Embracing new experiences can challenge and grow your faith in unexpected ways.

Retreats: Attending a retreat can provide a very profound spiritual renewal.

Service Projects: Engage in service projects or missions. Serving others can deepen your faith and give you a new perspective on your spiritual journey.

Learning and Exploration: Study other faith traditions and philosophies. Understanding different perspectives can enrich and challenge your own beliefs.

Ideas for New Experiences:

⇒ **Participate in a silent retreat to deepen your prayer life.**

⇒ **Volunteer at a local charity or overseas mission.**

⇒ **Enroll in a course on theology or spiritual practices.**

By stepping out of your comfort zone and embracing new experiences, you can revitalize your faith and open yourself up to new spiritual growth.





SEEKING GUIDANCE AND MENTORSHIP

Finding Support

No one is meant to walk the spiritual path alone. Seeking guidance from others can provide the support and wisdom needed to overcome a stuck faith.

Spiritual Mentors: Find a mentor within your faith community who can provide guidance, support, and accountability.

Counseling: Sometimes professional counseling can help address deeper issues that affect your faith. Look for a counselor who respects your beliefs.

Support Groups: Join or form a support group with others who may be experiencing similar struggles. Sharing experiences and solutions can be very uplifting.

Finding the Right Mentor:

⇒ **Look for someone who embodies the qualities you admire and aspire to in your spiritual life.**

⇒ **Consider their availability and willingness to invest time in your growth.**

⇒ **Establish clear goals and expectations for your mentoring relationship.**

With the right guidance and support, you can gain new insights and encouragement to help reignite your faith.

Conclusion

Feeling stuck in your faith is a common experience, but it doesn't have to be a permanent one. By following these four steps—self-reflection, reconnecting with spiritual practices, seeking guidance, and embracing new experiences—you can overcome stagnation and move forward on your spiritual journey with renewed energy and purpose. Remember, faith is a journey, not a destination, and each step you take brings you closer to a deeper, more fulfilling spiritual life.