

2 Keys to Regaining Momentum When You Feel Stuck, Defeated

As you walk into 2020, do you feel like lots of roadblocks are holding you back from moving forward toward your dreams? Ex-lesbian Jessica Newsome says that there are some key factors to gaining that momentum again—first, we must be patient while God works on our character.

“There are things that He can’t give you just yet, because you won’t know how to handle it,” Newsome says. “You won’t know how to deal with it, appreciate it. You won’t know how to deal with situations when hard times come. ... God has me, like many of us, in a season of mindfulness of Him, learning to be more still in Him, spend time with Him, acknowledge His presence, worship Him—Him being literally No. 1, not Netflix, not TV, not my phone, not text, not Instagram, not Facebook, not friends, but being happy with just Him. Are we really content?”

The second key to regaining that momentum is prayer. Newsome can actually sense when someone is praying for her; that’s how powerful prayer is, she says on the *Victory > Struggle* podcast on the Charisma Podcast Network.

“... I can sense sometimes when people are praying for me, interceding for me,” Newsome says. “I’m talking about going hard in prayer for me. And I just feel sometimes it’s a release, like a weight has been lifted off my shoulders, like I can kind of just shake off that negativity. The shackles have been removed, and I can move forward. And that’s what happened to Peter. What happened to Peter is that the church was interceding on his behalf. And an angel of the Lord came and loosened his shackles and escorted him right on out of that jail cell.”

For more encouragement on being patient in the waiting season and taking proper action steps in the new year toward freedom, [click here](#) for the episode titled “The Baggage That Holds You Back.”