

3 Ways to Overcome the Feeling of Being Stuck

No one in this lifetime is immune to feeling stuck at some point in time. We all get caught up in the flow of life's rhythms, sometimes with the pacing being slower and more complicated than we would like. Yet, we don't have to feel this way.

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In her exclusive Beyond The Article interview, Renee DeLoriea explains three ways we can overcome the feeling of being stuck.

- **Take responsibility for your own healing and growth.** Waiting for external factors to change around us like healing or apologies may lead to wasted years. Instead, actively engaging in personal growth, seeking counseling, diving into the Word of God and participating in community can all prove to be beneficial for getting out of the feeling of being stuck.

"God has certain assignments for us to do personally and there are people in need of us stepping up to the plate," DeLoriea says.

- **Put aside self-pity and idolizing emotions.** Self-pity can become an idol, hindering growth and keeping focus on personal feelings rather than God. By nurturing a relationship with Jesus and focusing on Him, one can shift perspective from self to God.

"If we dig deep in the Lord Jesus Christ and nurture that

relationship with Him, all of a sudden our eyes are no longer going to be on our own pain but our eyes are going to be on the Lord,” DeLoriea says. “If we are operating out of feelings or what other people think or waiting for someone else to do something that might set us free, we might be waiting for our entire lives.”

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- **Act on divine opportunities.** Remain sensitive to the prompting of the Holy Spirit, even in unexpected moments. Embrace opportunities to share the Gospel and make a difference in the lives of others, trusting that God will use every circumstance for His glory and our good.

In her feature article of Charisma Magazine Online, DeLoriea writes of her own experience of being evangelized to, saying, “The riddle was finally solved for me when three Christian missionaries briefly explained the power of the life, death and Resurrection of Jesus Christ to me.” She continues: “To this day, I am thankful that these three young men were not timid about the truth.” By acting on this divine opportunity, DeLoriea was able to understand the message of Christ, completely transforming her life forever.

While all of us will feel stuck at some point in time, this isn’t the place that God wants us to stay. Instead, He wants us to draw near to Him and to walk out the plans and purposes that He has for us to do the good work of sharing the gospel around the world. {eo}

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