Stuck IN LIFE?

10-DAY DEVOTIONAL TO HELP YOU GET UNSTUCK

Tracy Hester-Glass

BREAK FREE. LIVE FREE.

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ISAIAH 46:4 (NIV)

"I CAN DO ALL THINGS THROUGH HIM WHO STRENGTHENS ME."

DO YOU FEEL STUCK IN LIFE?

Are you discouraged, wondering if things will ever change?

Do you compare yourself to others and struggle to feel like you measure up?

Are you repeating unhealthy relationship patterns and not achieving your desired results?

It's time friend for you to identify and break the cycle to find the **BRILLIANT LIFE GOD HAS PROMISED!** Let's get started!

YOUR STUCK ASSESSMENT

HERE'S A SURVEY TO ASSESS SPECIFIC AREAS WHERE YOU MIGHT BE STUCK. CHECK ALL THAT APPLY.

___I feel my circumstances will never change; I've lost hope.

___I process more negative thoughts than positive ones.

___I struggle with perfectionism which leads to procrastination; I'm not able to complete the things I want or need to get done.

___My life feels like a maze; I'm making little progress in accomplishing my dreams.

___I don't know how to communicate effectively in a relationship, so I shut down.

___I have secrets I will never tell anyone.

___I feel discouraged and confused about my next steps in life.

___I often wonder what my purpose is.

___I feel uncomfortable with establishing healthy boundaries in relationships for fear of confrontation or rejection.

___I hide my true feelings to avoid judgment.

___I criticize myself and others openly or secretly.

___I have trust issues with others.

___I spend too much time in my head telling myself what I haven't done.

___I'm afraid to take risks.

___I compare myself to other women.

___I feel guilt and shame from a mistake(s).

___I keep making the same misjudgments in romantic relationships.

___My identity is based upon my performance; I don't know who I am outside of my role or title.

___I think I'll never be able to forgive what happened to me.

___I work harder to suppress my feelings of disappointment in the areas where I feel a void.

___I don't fit in or feel qualified sometimes.

PRAY ABOUT EACH AREA you have checked. Practice releasing each item to God. Ask for his help to move beyond the areas he wants you to leave behind, and for his grace to cover you in any area **HE WANTS TO HEAL AND RESTORE IN YOUR LIFE!**

2 CORINTHIANS 12:9 TPT

"BUT HE ANSWERED ME, "MY GRACE IS ALWAYS MORE THAN ENOUGH FOR YOU, AND MY POWER FINDS ITS FULL EXPRESSION THROUGH YOUR WEAKNESS." SO I WILL CELEBRATE MY WEAKNESSES, FOR WHEN I'M WEAK I SENSE MORE DEEPLY THE MIGHTY POWER OF CHRIST LIVING IN ME."

GET UNSTUCK

HEALING THE SOURCE

Often, we go to external sources to try and heal ourselves instead of running straight into the arms of Jesus. Others are limited and don't have the solution or the power to offer us total and sustainable healing, only Jesus has this power and authority. Let's not waste anymore of our time, money, and resources on self-help solutions when we can access God's solutions for our life. He created us and has a customized individual solution for exactly what we need, want, and desire.

God wants us to enjoy our best life here and now. **This 10-DAY DEVOTIONAL** will help encourage you to get unstuck and walk into new freedom and purpose in your life by understanding your value as God sees you. Trust that God's plan is still being birthed in you, God has a beautiful redemptive plan for your life. There is more to add to your story.

declare

HAGGAI 2:9
OVER YOUR LIFE NOW!

"The future glory of this Temple will be greater than its past glory, says the LORD of Heaven's Armies. And in this place I will bring peace. I, the LORD of Heaven's Armies, have spoken!"

How does this scripture encourage you to trust God in your stuck situations?

How was the Samaritan woman stuck?
How did Jesus' conversation with her get her unstuck?

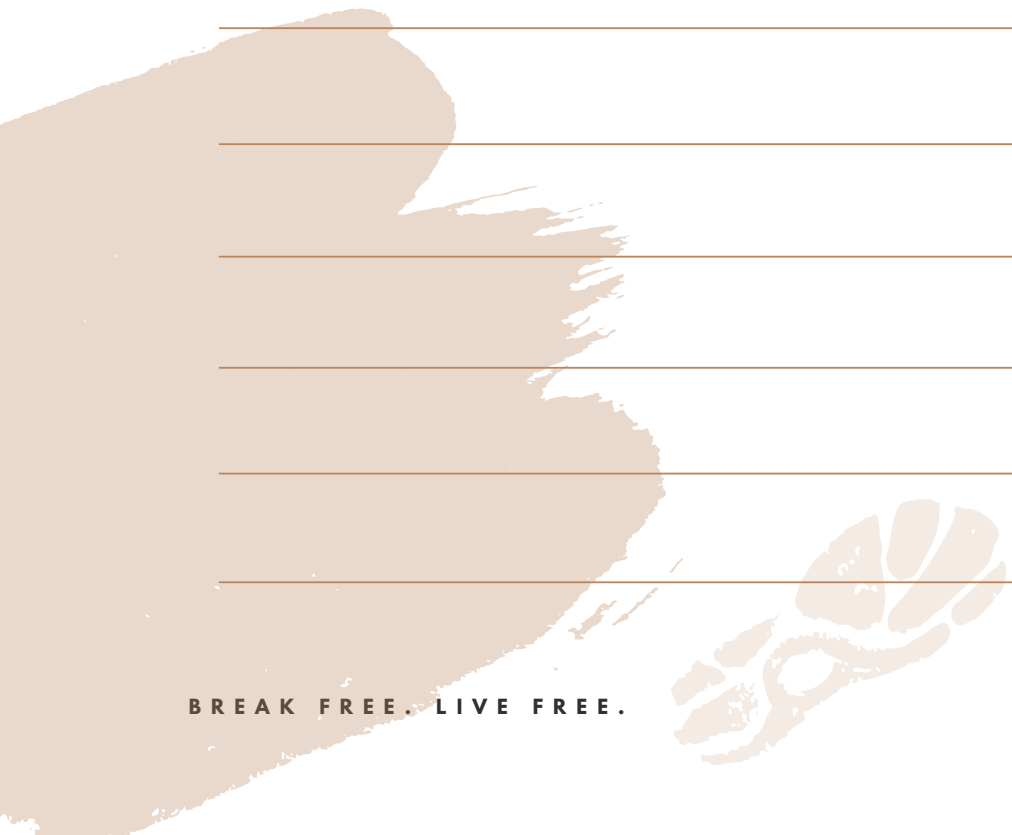
Reflect on the good plans, future, and hope God has for you. Do these plans inspire you to move beyond stuck?

Where are you suffering now? Where do you see God showing up in this pain? Reflect on the ways God has poured into your life through the Holy Spirit . Take a moment to thank him for walking you through it.

Has the trials you experienced helped develop your strength and character and encouraged you to trust God more in your life? Why or why not?

How can you defeat the enemy's accusations moving forward?

Do an exchange with God. What are some old things you want to give to God? What new things do you want to receive from God?



Everything we go through has purpose. How can you come into agreement with Romans 8:28? What might be God's purpose in your story?

What do you need to forget about your past? What is one thing you can focus on for your future? What is one baby step you can take to begin to walk into your future?

How can this scripture passage become your strategy to get and stay unstuck?

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ABOUT TRACY

TRACY HESTER-GLASS is the founder of Women of Purpose, a ministry that focuses on the restoration and healing of women. In 2019, Tracy started a coaching/mentoring group called Kingdom Women. The group's focus is to understand their true identity and worth according to God's standards. She is also the co-founder of Reign! Speaking Life & Truth, a weekly TV broadcast that encourages women to fulfill their highest potential and walk out their purpose path.

Tracy published her first book in 2018 entitled **ALL THINGS NEW**! which is her healing journey expressed in a 90-day devotional. **GET UP, GIRL, LET'S GO**, available Spring 2022 from Elk Lake Publishing, focuses on women getting unstuck from the patterns and cycles that bind them and guide them to discover their purpose and potential in God.

In 2020, Tracy received a BA in Biblical studies. In addition, she is a Bible instructor and the ministry lead for her church's mentoring program.