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Tips to better



Yourself

## Unstuck and Unstoppable

By Brittany Maher

***“He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.” Psalm 1:3 (ESV)***

Can I be honest with you? For a long time, I felt spiritually stuck — newly married in a new state, disconnected from friends and hiding to protect myself from fear and failure. I convinced myself that staying small and unseen would protect me from fear, failure and the unknown.

But staying stuck doesn't keep us *safe*. It keeps us from participating in the prosperous life God has prepared for us.

Hiding only deepened the ache in my heart. My days of retreating from purpose left me feeling disconnected, inadequate and uncertain. It was like pressing “pause” on my own life. I was paralyzed by the fear of not being enough, of not measuring up.

Amid my struggle, I was drawn to Elijah's story in Scripture in 1 Kings 19. After a powerful moment with God at Mount Carmel, Elijah fearfully fled to a cave. That hiding place became his refuge but also his prison. Yet, God met Elijah in that cave, and in His gentle love, He did the same for me.

God didn't let my stuck season go to waste. Slowly, He reminded me that He didn't design me to stay stagnant. He created me to grow, participate and live fully in step with Him. He stirred a longing in my heart to seek Him with fresh intention. But change didn't happen overnight. It happened through small, faithful, steady steps — choices to seek Him daily, to pursue community and to surrender my fears.

Procrastination, overthinking and clinging to comfort can keep us stuck. But God offers a way out of every stagnant place. He wants us to thrive even in the most challenging seasons, like a tree planted by streams of water:

***“He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers” (Psalm 1:3).***

The key? Faith and **diligence**.

Hebrews 11:6 reminds us, *“He rewards those who diligently search for him”* (ISV). As we intentionally pursue Him, He meets us with faithfulness, strength and direction.

God sees you in your stuck place. He’s gently inviting you to step out of that cave and into the life He’s calling you to. Start small. Ask Him to help you take one step closer to Him and then another.

As we root ourselves in Him through time in His Word and His presence, He strengthens us to flourish. He turns our stuck places into unstoppable purpose for His glory and our good. And that’s the life He has for you.

**Prayer:** Heavenly Father, thank You for seeing me in my stuck places and loving me enough to call me out of hiding. Forgive me for the times I’ve hidden from Your face and purpose. Help me to take small, faithful steps toward You, trusting in Your strength and hand to guide me and make me steadfast, fruitful and unshaken. In Jesus’ Name, Amen.

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