

## Stuck

Welcome to our reflection for Church without Walls

Here are some ideas of how to use these reflections:

Pray that God will lead your thoughts.

Sit comfortably, take a few deep breaths and relax.

Let your mind wander as you read the reflection. Write down your thoughts in a notebook. If you are busy, try and pick out something to take with you in odd moments during the day.

You may wish to memorise the Bible verse. Write it out and stick it up somewhere.

## Bible Verse

*“Forget the former things;  
do not dwell on the past.  
See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the wilderness  
and streams in the wasteland.”*

(Isaiah 43:18-19)



One of our grandson's first words was, 'stuck!'. This he exclaimed loudly when a shape would not fit through the hole he was trying or when the intended route of his toy truck was blocked. 'Stuck!' However, he soon learnt that he needed to turn the

shape around or find a different one and that he would need to remove the barrier or find an alternative route for his truck.

I think often we can find ourselves having a similar experience. Perhaps plans are delayed or hopes thwarted by circumstances, the needs or actions of others, conflicting demands, or some issue of our own. Our expectations are not met. It may be a large scale plan – a wedding, house move, a new job or going to university. It may be something more modest but important to us and recently even a visit to a friend might have been prevented.

Sometimes we may simply have a sense of being stuck in life – not moving forward or progressing as we had hoped.

We can get stuck in decision making, perhaps bogged down in the detail so that nothing gets done.

How do you feel in these circumstances?

What limitations frustrate you most?

How do you respond?

The word 'stuck' can sometimes imply two things stuck together. Of course this can be useful but you can be stuck to something or someone, perhaps to a role in life simply because you are clinging on.

What are you clinging to? Where is this helpful? What do you need to let go of?

Our grandson had to start developing patience and resourcefulness in making things work. He learnt about his surroundings and about adaptability. He learnt new skills. In doing something similar in response to the barriers and frustrations we encounter we may be able to change, adapt and grow, developing a different outlook as we find new and original ways through our situations. We may find our stuckness becoming an opportunity for doing things differently.

I love the encouraging tone of the verses from Isaiah. There is a sense of hope and freedom about it as God makes a way through the wilderness.

*Lindsey Farley*