



5 SIGNS

You're

SPIRITUALLY STUCK

*... AND HOW TO MOVE FORWARD
WITH FAITH AND CLARITY*

Introduction

You love God. You've been faithful. But lately, you've felt stagnant, frustrated, or unsure of your direction.

You may not be doing anything wrong —but you may be in a spiritual transition.

*This short guide will help you identify **5 common signs of spiritual stagnation** and give you immediate, biblical steps to move forward in purpose and clarity.*

Praying the Promises of the Cross

Quick Reference Guide

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| <input type="checkbox"/> Day 1: John 3:16 | <input type="checkbox"/> Day 21: Romans 5:12-21 |
| <input type="checkbox"/> Day 2: John 11:25 | <input type="checkbox"/> Day 22: Romans 8:38-39 |
| <input type="checkbox"/> Day 3: Romans 4:20, 22-25 | <input type="checkbox"/> Day 23: I Timothy 1:15 |
| <input type="checkbox"/> Day 4: Galatians 3:13 | <input type="checkbox"/> Day 24: Hebrews 9:14 |
| <input type="checkbox"/> Day 5: II Corinthians 12:9 | <input type="checkbox"/> Day 25: I Peter 1:3-4 |
| <input type="checkbox"/> Day 6: Hebrews 10:19-22 | <input type="checkbox"/> Day 26: II Corinthians 3:18 |
| <input type="checkbox"/> Day 7: Colossians 1:13-14 | <input type="checkbox"/> Day 27: Romans 15:7 |
| <input type="checkbox"/> Day 8: Romans 4:7-8 | <input type="checkbox"/> Day 28: Romans 8:33-34 |
| <input type="checkbox"/> Day 9: Matthew 6:33 | <input type="checkbox"/> Day 29: Romans 15:13 |
| <input type="checkbox"/> Day 10: Hebrews 4:15 | <input type="checkbox"/> Day 30: Romans 4:5 |
| <input type="checkbox"/> Day 11: Titus 2:14 | <input type="checkbox"/> Day 31: Ephesians 1:5, John 1:12 |
| <input type="checkbox"/> Day 12: Hebrews 10:10 | <input type="checkbox"/> Day 32: Hebrews 10:10, 14; 7:25 |
| <input type="checkbox"/> Day 13: Colossians 2:13-14 | <input type="checkbox"/> Day 33: Colossians 1:13 |
| <input type="checkbox"/> Day 14: Ephesians 2:4-5 | <input type="checkbox"/> Day 34: Romans 5:8 |
| <input type="checkbox"/> Day 15: I Corinthians 1:30-31 | <input type="checkbox"/> Day 35: Jude 24-25 |
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| <input type="checkbox"/> Day 17: Titus 3:5 | <input type="checkbox"/> Day 37: John 14:27 |
| <input type="checkbox"/> Day 18: I Peter 1:18-19 | <input type="checkbox"/> Day 38: II Corinthians 5:21 |
| <input type="checkbox"/> Day 19: Romans 8:10-11 | <input type="checkbox"/> Day 39: John 8:36 |
| <input type="checkbox"/> Day 20: I John 4:10 | <input type="checkbox"/> Day 40: Luke 22:19-20 |

This image shows a single page from a journal or notebook. The word "Journal" is written at the top center in a large, elegant, black cursive script. Below the title, the page is filled with horizontal ruling lines, providing space for writing. In the bottom right corner, there is a decorative illustration featuring a small branch with several leaves in shades of yellow and orange, set against a soft, light-colored circular background.





YOU'RE OVERCOMMITTED, BUT UNDERFED

*You're doing all the things—but still
feel spiritually dry.*

Move Forward:

Prioritize time to receive from God, not just
serve Him. Make space to be poured into
so you're not leading on empty.

— SCRIPTURE: LUKE 10:41–42 —

*“But the Lord answered her, ‘Martha,
Martha, you are anxious and troubled
about many things, but one thing is
necessary.’”*

[illegible]



**YOU KEEP POURING,
BUT YOU'RE NOT BEING POURED
INTO**

*You're mentoring, teaching, serving—
but no one is pouring back into you.*

Move Forward:

Seek spiritual covering, coaching, or
community. Even leaders need to be led.

— SCRIPTURE: PROVERBS 11:25 —

*"A generous person will prosper; whoever
refreshes others will be refreshed."*

[illegible]



**GOD TOLD YOU TO GO,
BUT DIDN'T TELL YOU TO STAY**

*You obeyed... years ago. But now? You're
out of alignment. The grace has lifted,
and you feel it.*

Move Forward:

Ask God: "Am I still where You're feeding
me?" Don't confuse past instruction with
present direction.

— SCRIPTURE: JOHN 10:27 —

*"My sheep hear My voice, and I know them,
and they follow Me."*

This image shows a single page from a notebook or journal. The word "Journal" is written at the top center in a large, elegant, black cursive script. Below the title, the page is filled with horizontal ruling lines, which are evenly spaced and extend across most of the width of the page. In the bottom right corner, there is a decorative illustration featuring a small branch with several leaves in shades of yellow and orange, suggesting autumn foliage. Below the leaves, there are some small, dark, round shapes that could represent berries or seeds. The entire page is framed by a thin, light brown border.





YOU'RE DOING WHAT'S GOOD — BUT NOT WHAT'S GOD

*Everything on your plate might look noble
but is it God-assigned? Just because it's
good doesn't mean it's God.*

Move Forward:

Reevaluate your “yes.” Every opportunity is not an obligation. Walk in the assignments that come with peace and power.

— SCRIPTURE: MATTHEW 11:29–30 —

“For My yoke is easy and My burden is light.”

[illegible]



YOU'RE COMPARING YOURSELF TO EVERYONE AROUND YOU

You're gifted—but feel insecure or invisible. You scroll through highlights of others and wonder, "Am I doing enough?"

Move Forward:

Stop scrolling. Start cultivating. The oil on your life is enough. You don't need to mimic anyone—you need to obey God.

— SCRIPTURE: ROMANS 12:6 —

"We have different gifts, according to the grace given to each of us."

This image shows a single page from a notebook or journal. The page is white with thin, dark grey horizontal lines spaced evenly apart. At the top center, the word "Journal" is written in a large, elegant, black cursive script. In the bottom right corner, there is a decorative illustration featuring a small branch with several leaves in shades of yellow, orange, and brown, suggesting autumn foliage. Below the leaves are some small, round, brown objects that look like acorns or berries. The entire page is framed by a thin, light brown border.

Your Next Step

You're not stuck—you're in transition.

But the only way out is through.

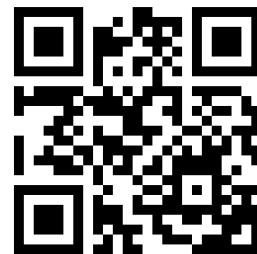
*If this guide resonated with you, it's
time to go deeper.*

Join the 6-week virtual course:

S.H.I.F.T. Into Your Purpose

*Learn how to release fruitless
attachments, discover your spiritual
gifts, and walk boldly into your next
God-ordained assignment.*

fbmla.org/shift



This image shows a single page from a notebook or journal. The word "Journal" is written at the top center in a large, elegant, black cursive script. Below the title, there are approximately 20 horizontal blue lines spaced evenly down the page, providing space for writing. In the bottom right corner, there is a decorative illustration featuring a small branch with several leaves in shades of green and yellow, and some small brown berries or seeds. The entire page is framed by a thin, light gray border.

[illegible]

[illegible]



Daily Prayer

Date: _____

VERSE OF THE DAY

REFLECTION

THANKFUL FOR

ANSWERED PRAYERS



Daily Prayer

Date: _____

VERSE OF THE DAY

REFLECTION

THANKFUL FOR

ANSWERED PRAYERS

Prayers

