



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

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

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.





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."*

[illegible]



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."

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Your Next Step

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

The only way out is through.

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

*You can purchase the book **Unleashed
and Loosed for Greater Purpose** or sign
up for the free masterclass. It's time to
break through and step into your
greater purpose.*

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

sybilkearse.com/unleashed



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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

