

## “Word on Wednesday Bible Study”

### “HOW TO GET UNSTUCK”

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Sometimes, believers find themselves stuck in a difficult situation. The metaphor “sticky or stuck” refers to life situations interrupting our momentum. These interruptions can be **internal** (self-inflicted) or **external** (due to other people's decisions). It is during these times that turning to God becomes a necessity. Talking about faith is one thing but living it out is another. Life is filled with adversities, and Christians are not immune to storms. King David had his share of hardships. He often found himself in sticky situations. The following details are some of the struggles David had to endure.

“STICKY SITUATIONS”	SCRIPTURE
His work as a shepherd disrupted his appointment.	1 Samuel 16:8-13
He had a reputation for being close to the Lord.	1 Samuel 16:16-18
David was drafted to become a musician for King Saul.	1 Samuel 16:21-23
His brother Eliab was jealous of him.	1 Samuel 17:28
He experienced righteous indignation.	1 Samuel 17:32
Saul became jealous of David and tried to kill him.	1 Samuel 19

Due to his past struggles, David was adequately qualified to compose a Psalm. Psalm 25 gives universal principles for how a believer can get unstuck.

1. **Ask for Deliverance** (Psalm 25:2).

His reputation was valuable.

My God, in You I \_\_\_\_\_,

Do not let me be \_\_\_\_\_:

Do not let my enemies rejoice over me.

The Psalmist was concerned about the dishonor of his name, which would cause a sticky situation. When a person's name has been tainted, it is difficult to reclaim it. According to Scripture, the worth of a good name is a desire we must pursue. The following passages illustrate the importance and blessings of a good name.

A *good* name is to be more desired than great wealth;  
Favor is better than silver and gold.-Proverbs 22:1.

A good name is better than good oil,  
And the day of *one's* death *is better* than the day of one's birth. -Ecclesiastes 7:1.

The biography of David provides glimpses of sticky situations where his name and integrity were compromised.

2. **Ask for Guidance** (Psalm 25:4).

Make me know Your ways, LORD;

Teach me Your paths.

When we find ourselves stuck, we must ask God for direction. His ways are the best. To know which way He prefers us to go, we must first be taught. This is why it is so important for us to devote ourselves to the word of God. The more we read and study His word, the more insights we receive about His desire for our lives.

Jesus showed us how to approach God for guidance:  
(Matthew 6:9-13)

<sup>9</sup> "Pray, then, in this way:

'Our Father, who is in heaven, Hallowed be Your name.

<sup>10</sup> Your kingdom come. Your will be done,

[c]On earth as it is in heaven.

<sup>11</sup> Give us this day [d]our daily bread.

<sup>12</sup> And forgive us our debts, as we also have forgiven our debtors.

<sup>13</sup> And do not lead us into temptation, but deliver us from [e]evil. [f]'

3. **Seek Forgiveness** (Psalm 25:7).  
Do not remember the sins of my youth or my wrongdoings;  
Remember me according to Your faithfulness,  
For Your goodness' sake, LORD.

Free yourself of iniquity. We can't move on with God if we have unconfessed sins. Asking God for forgiveness and repenting will allow us to become "unstuck" and move on with a clear conscience.

The Hebrew word for iniquity is Avon (*aw-vone'*), which conveys the following meanings:

- 1.
- 2.
- 3.
- 4.

**Psalm 51:2 (KJV)**

Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions.

<sup>2</sup> Wash me thoroughly from mine *iniquity*, and cleanse me from my sin.

<sup>3</sup> For I acknowledge my transgressions: and my sin is ever before me.