

“I’m Stuck!”

Recently I was speaking with a man who lived out of town, back in the woods. About ten years ago he moved there. The land was heavily wooded, but accessible. He had purchased a mobile home and was going to have it moved to the freshly cleared property. However, the movers had trouble getting the home in place. Before they arrived at the location, they were attempting to turn onto the gravel road leading up to their destination. As they made the turn, the driver made his turn too wide and the tractor ran through the ditch, and immediately sunk deeply into the mud. For the next three hours they worked just to get the truck out of the mud. Meanwhile the owner stood nervously as he saw his home jutting out across all lanes cutting off traffic in every direction. Imagine the mess for everybody involved.

How often we have experienced similar things. Breaking down on the expressway, locking the keys in the car, getting caught in an elevator! Have you ever been stuck in those rotating doors that they have at hotels? It is not a good place, nor is it a good feeling. Of course, getting stuck in any place is no fun. We want to be mobile, we want to be free!

Have you ever been spiritually stuck? You know . . . that old rut that you can sometimes get caught in where your Christian life is not as vibrant and meaningful as it has been in the past.

Spiritual ruts happen to a lot of Christian people. It happens when you are stuck in one position and not really able to move forward. Some Christians have been in ruts for years. Unresolved conflicts between brothers or sisters that have gone on for years contribute to ruts. Being stuck can show up in many different ways: Repeatedly avoiding opportunities to express your faith to the lost; not pursuing a better knowledge of God’s word in Bible Study; going days without so much as a prayer to give thanks for your blessings; going through the motions of worship during the worship period with your mind a thousand miles away. . . being there, but not really BEING THERE. These are but a few examples.

The Christian life is not about getting stuck on the road that leads to eternal life. Jesus described the road as being narrow and difficult to enter, Matthew 7:13,14. But once on the road, you must press forward. Paul said, “I press toward the mark for the prize of the high calling of God in Christ Jesus,” Philippians 3:14. When we consciously “press toward the mark,” we move out of the ruts.

If you get stuck in the mud, you start looking for boards, or tree limbs, or rocks, or anything that will give you enough traction to get you out of the muddy rut. The same is true with the Christian life. Self-determination, self-education, and a whole lot of intestinal fortitude will help you move forward. But remember that you are not in this alone. You have the promise of spiritual help as well. While you are pushing, Jesus has promised He will pull, (Hebrews 4:13-16; 1 Corinthians 10:13). He can pull or push, even when your strength runs low. Divine help will get you out of your rut, IF you let Him.

Depression is a growing muddy rut for many Christian people. Go see a doctor. Get some counseling! Search the Scriptures for help, and pray! Pray! Pray! But move! Determine to get out of the rut. Do not stay there, because when you are stuck, in reality you are moving backward. When you stop for any length of time, faith begins to fade.

Keep moving! Ruts are going to be along the way down this road of life, but keep moving forward. Do not take a break! Do not even pull over for a short rest. With the dawning of each new day pray for God's help to keep moving forward. The reward at the end is indescribable!

—Scott