

# *Life Unstuck Pursues a Life of Balance*



## **Control**

The desire to control or manage everything around us *for* everyone around us is such a natural bent in most women. If it's natural, then God knew and even planned it as part of our female design. However, as we have witnessed since Genesis, control must be surrendered to God for His good purposes and our completed work. Unstuck control leads to life unstuck.

- ☞ In what areas of your life are you struggling to have control? Be honest.
- ☞ Are there areas which seem out of control, like a sickness in your family or wayward child?
- ☞ Are there areas you ache for control, like your weight or finances? Write down EVERY area of your life you struggle with control...then I want you to surrender it



## **Consideration**

Women need to feel valued, noticed, chosen. We have an innate need for purpose and a place in the world. In our own strength, that desire always leads to death. We have an innate desire to be noticed, but we need to make sure what we desire belongs to God. What areas are you struggling to be considered, noticed, etc? Just like before, write them all out – the good, the bad, the ugly, the fearful.



## Companionship.

We were created as creatures of connection. We are not meant to be isolated in body, mind, or spirit. Consider the most vulnerable position for any enemy attack: alone and undefended. God's plan is for us to live in community—His community. To start with our hearts and minds focused on Him, then allowing Him to lead us to those people and places, will keep us unstuck and protected.

☞ David says, “If I rise on the wings of the dawn, if I settle on the far side of the sea”(Ps. 139:9).

He sees that God is in fact the 3-D God we talked about in Chapter 1. He is *there*. He is, and desires to be, your constant companion. He wants to fill your life with others who understand that kind of love.

☞ “Two can stand back-to-back and conquer.” (Eccles. 4:12 NLT).

What are your fears? In your life, what are the areas where you feel as though you “have to do it yourself,” or “if anyone knew about this, I would be shunned?” Is it an addiction or compulsive behavior? Is it an emotional affair or a past abortion? Is it the abuse you hide so well or negative thinking you cannot stop? Again, I want you to write them out…each and every painful and scary word. Take your time. Then I want you to choose one or two of those areas and SHARE them with a trusted Godly girlfriend or sister. You CAN do this…one step at a time, in community of faith.



## Contentment.

We need to have our needs met. We need to experience peace, purpose, and passion. We need life unstuck. But we need to see what God sees and believe what God believes. Only then can we find true contentment, because only then are we finding our contentment in the only One who will never disappoint—our Lord.

What are you discontent with in your life, right now? Do you long for a car that doesn't break down every few days or a new designer purse? Do you long for the ability to hire someone to clean your home like that lady at your church? Do you wish you could bring home more money in your paycheck? Do you wish you had better health or would have gotten that degree years ago?

Give voice to your longings, everything keeping you from being truly content, by journaling them out. Once that is completed I want you to change your "discontented" statements into "thankful" statements – each and every one of them.

For instance, instead of "I wish my husband would get a raise," change it into, "I am so thankful my husband has a job which helps supply our every need and even some of our wants."

When you are done, look at all of your thankful statements, then jot down these words next to each one: **"I have all I need in Christ!"**