

Life Group Guide: Unstuck

Based on Judges 6

BEFORE YOU BEGIN

Encourage group members to come prepared having read Judges 6:1-12. Open your time together in prayer, asking God to give the group honest hearts and open eyes as you discuss the message.

SERMON RECAP

Pastor Dana opened with a vivid illustration of a woman trapped in a sand sinkhole at the beach, unable to free herself despite the efforts of those around her. That image became the lens for exploring a deeply human question: what does it look like to be stuck, and how does God move us toward freedom?

Walking through Judges 6, the message traced Israel's painful cycle of compromise, crisis, and crying out to God. It then zoomed in on one man, Gideon, hiding in a winepress, afraid, isolated, and working against his environment. Yet God met him there and called him something his circumstances could not yet confirm: a mighty warrior. The sermon concluded with the reminder that every human deliverer in the book of Judges points to the ultimate deliverer, Jesus, whose death and resurrection breaks every cycle for good.

KEY TAKEAWAYS

- Spiritual drift rarely happens all at once. It happens one compromise at a time, one inch at a time.
- Peace is never permission to drift. Times of ease can be the moments we are most spiritually vulnerable.
- Sometimes God's first answer to our cry is not rescue but revelation. He wants to deal with the heart before he changes the circumstances.
- Fear does not just steal your confidence. It relocates you. It causes you to build your life around what you are afraid of rather than around what God has called you to.
- God sees you not only where you are but where he is taking you. There is often a significant gap between how we see ourselves and how God sees us.

- Jesus is the ultimate deliverer. Every human deliverer in the book of Judges was temporary. Jesus rose and lives, which means the power that raised him is available to those who are in him.
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DISCUSSION QUESTIONS

Opening Question (Ice Breaker)

Have you ever felt physically stuck in a situation, whether it was a traffic jam that lasted hours, a flight delay, or something else entirely? What did that experience feel like, and how did you respond?

Section 1: The Cycle (Judges 6:1-6)

1. Israel moved from 40 years of peace directly into a season of compromise and crisis. Pastor Dana said that "peace is never permission to drift." Why do you think seasons of comfort and stability can actually make us more spiritually vulnerable rather than less?
 2. The Midianites would come and destroy Israel's harvest every single time it was ready. Pastor Dana described this as a seven-year cycle where every time progress was made, another wave would come crashing in and fill it back up. Have you ever experienced a season in your life that felt like that? What kept you going, or what caused you to stop trying?
 3. The Israelites went from living in the promised land to hiding in it. They were not thriving. They were surviving. What is the difference between surviving and thriving in your walk with God? Which one would you say best describes where you are right now?
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Section 2: The Confrontation (Judges 6:7-10)

4. Before God sent a deliverer, he sent a prophet to confront Israel's heart. Pastor Dana said, "Sometimes God's first answer to our cry isn't rescue. It's revelation." Has there been a time in your life when God addressed the condition of your heart before he changed your circumstances? What did that feel like in the moment, and what did you learn from it in hindsight?
5. The prophet reminded Israel of everything God had already done for them. He essentially asked, "Have you forgotten who I am and what I have done?" How do we guard against spiritual forgetfulness in our own lives? What practices help you remember what God has done?
6. Israel was worshiping Baal and Asherah alongside God, mixing the values of their surrounding culture with their faith. Pastor Dana asked some pointed questions about what our lives actually reflect. Without putting anyone on the spot, how do you

personally evaluate whether something has begun to function as an idol or a competing source of trust in your life?

Section 3: Gideon in the Winepress (Judges 6:11-12)

7. Gideon was threshing wheat in a winepress, a place never designed for that work. He was working harder than necessary because fear had relocated him from where he was supposed to be. Can you identify an area of your life where fear has relocated you, where you are working in the wrong environment or living smaller than what God has called you to?
 8. God called Gideon a mighty warrior while he was hiding. There was a significant gap between what Gideon saw in himself and what God saw in him. How do you respond when God's word about your identity conflicts with your present experience or your own self-perception? What makes it hard to receive what God says about you?
 9. Pastor Dana said, "God sees more in you than the present circumstance says about you." Think of a time when someone saw potential or calling in you that you could not yet see in yourself. How did that change you?
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Section 4: The Ultimate Deliverer

10. Every judge in the book of Judges was a temporary deliverer. When they died, the cycle started again. Pastor Dana connected this to the gospel, pointing out that Jesus is the deliverer who rose again, which means his deliverance is permanent. How does the resurrection change the way we approach our own cycles of struggle? What does it mean practically that "greater is he who lives in you"?
 11. Pastor Dana closed by inviting people who felt stuck to raise their hands and declare that the cycle no longer has them. What would it look like for you to take a step this week out of a cycle, a fear, or a hiding place that has kept you from what God has called you to?
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PRACTICAL APPLICATIONS

Choose one or more of the following to put into practice before your group meets again.

1. Name the Drift Take time this week to sit quietly before God and honestly ask him: where have I drifted? Where have I allowed a slow compromise to take root? Write down what he reveals and bring it to him in repentance. This is not about condemnation. It is about freedom.

2. Identify Your Winepress Ask yourself honestly: is there an area of my life where fear has relocated me? Where am I working harder than necessary because I have moved out of the place God designed for me? Journal about what it might look like to step back into that place.

3. Speak Your Identity Find one passage of Scripture this week that speaks to who God says you are. Write it down, put it somewhere visible, and read it aloud every morning. Let God's voice about your identity be louder than your circumstances.

4. Break the Isolation Gideon was alone in the winepress. One of the first things God did was show up and speak to him. If you have been isolating yourself out of fear, shame, or discouragement, take one step this week toward community. That might mean attending a life group, reaching out to a friend, or asking someone to pray with you.

5. Tell Someone What God Has Done The prophet reminded Israel of God's past faithfulness. This week, tell someone, a friend, a family member, or someone in your group, one specific thing God has done in your life. Remembrance is a spiritual discipline.

CLOSING PRAYER PROMPTS

Close your group time by praying together. You may use these prompts to guide your prayer:

- Thank God for his faithfulness even in seasons of compromise and crisis.
- Ask him to reveal any area of drift or hidden compromise in each person's heart.
- Pray for courage for anyone in the group who is hiding, isolated, or living smaller than what God has called them to.
- Declare together that the cycle does not have the final word. Jesus does.

LOOKING AHEAD

Next week the message will continue in Judges 6, picking up where this week's sermon left off. Read Judges 6:13-40 to prepare and come ready to go deeper into Gideon's story.