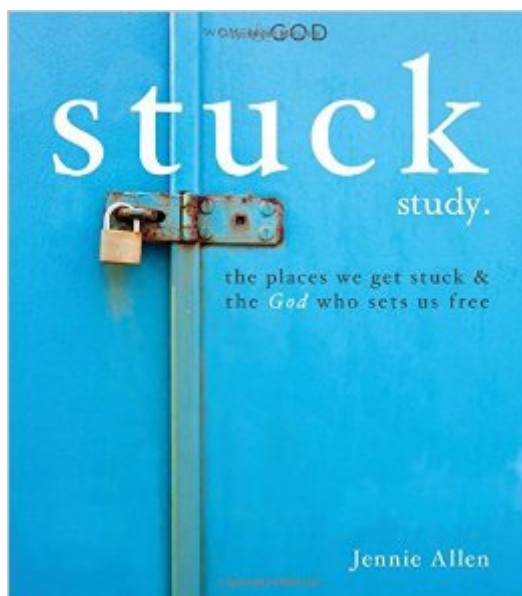


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# Stuck Study Guide



## Synopsis

Do you feel stuck? So many of us live stuck. Stuck in trying to seem perfect. Stuck in sadness. Stuck feeling numb. Stuck pursuing more stuff to make us happy. Stuck in something we can't even name. These stuck places often go unattended inside of us and they are shaping our lives more than we would like to think. We've been trying to fix this feeling with everything but...God. He has a plan for these spaces inside of us, the places we feel broken, but we have to go to Him. Stuck is a journey to take an honest look at the fight going on inside, leading us to the God who has a plan to restore it, to restore us. The eight lessons in this study guide are simple and interactive, offering projects, stories, and Bible study to dig into Scripture, to deeply engage the mind and heart. Because as we realize that our stuck places are the very places that make us ache for God, we find Him waiting there for us with hope and freedom. Sessions include: stuck, broken, mad, discontent, scared, overwhelmed, sad, un-stuck. Designed for use with the Stuck DVD. ISBN-10: 9780849922541 (sold separately).

## Book Information

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## Customer Reviews

Jennie Allen is a recovering achiever who is passionate about Jesus. She is the best-selling author of *Anything* and *Restless*, and the Bible studies *Stuck* and *Chase*, as well as the founder and visionary for the million-strong *IF:Gathering*, which exists to gather, equip, and unleash the next generation to live out their purpose. Jennie speaks frequently at conferences such as *Catalyst* and *Q*. She holds a master's degree in biblical studies from Dallas Theological Seminary and lives in Austin, Texas, with her husband, Zac, and their four children.

The premise of the book is that we are stuck in anger, discontentment, fear, overwhelmedness, sadness and "as long as [we] are privately fighting and losing inside, [God] is not getting a thing done through or in [us]." Jennie wants us to overcome those emotions (or at least feel them less deeply) in order to achieve our purpose. However, I believe God does lots through us and in us while we're hurting and confused, and that's the beauty of the gospel! Not only is the premise of "Stuck" flawed, but Jennie goes on to make points that are very troubling and ultimately damaging to her readers. I strongly caution you against choosing this book for a group study. In the section on anger, Jennie describes Elizabeth, a 16 year-old girl who feels angry that she lives in an abusive and dysfunctional home. Elizabeth expresses to an older, Christian woman that her home life simply not fair. Jennie praises the mentor's response as healing. The mentor says, "You're right. You don't deserve this life. You deserve hell and death, and so do I. But God's gracious love for us provided a Savior who took our sins and died for them. He didn't deserve death, and we don't deserve life. It is God's grace that we have life at all." Woah. While there is truth here, this is a heartless and cold response to a child victim. It is dismissive of Elizabeth's pain and shames her for her ingratitude, rather than her family for harming her. This is not the heart of Jesus, who throughout the Gospels is kind, caring and condemning of abuse. Jesus offers love, hope and restoration; He does not shame. (Jennie later clarifies victims of abuse should seek help. It's good that she clarifies, but I also find it troubling that her anecdotes and advice put her in a position where such a blunt disclaimer is necessary.) The section on contentment is also concerning. Jennie asserts that "oftentimes depression and discontentment rise out of our expectations for happy, fulfilling, short lives here on earth rather than the hope of eternity with God in heaven." This is simply untrue; depression, a serious medical condition, is not the result of having unrealistic expectations of happiness. Jennie goes on to praise the people of Denmark, whom studies show are content because "they [hold] low expectations of their lives. As believers in God, we should be the same way." Jennie suggests we should hope for little in this life. These points aren't representative of the gospel I love - the one that calls us to grieve injustice deeply, bring our raw emotions to God, and hope steadfastly for healing and reconciliation here on earth! Tread carefully, friends!

Great study. Seems small like it won't be deep, but the questions really get you thinking. The video you can order for this study is really good too. Short (all under 10 min) but worth it.

Still doing and still enjoying!

Great study!

SUCH a great study! I've done Jeannie Allen lessons before and never been disappointed.

This is a great read - I read it to my friends via online chat and everyone really enjoyed it. I totally recommend it.

The study is great. The homework is not excessive and the discussion questions from the study are great. Video is ok.

Our women's LifeGROUPs have really enjoyed and benefited/grown through this study. While completed in 'group', it had very personal implications for each woman that fully participated. Here is a photo of one of our groups. This study is highly recommend for any woman wanting to get un-Stuck and move into the place God has for her.

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