

Raised to Life:
Why We Get Stuck
April 19, 2026

14 We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. 15 I do not understand what I do. For what I want to do I do not do, but what I hate I do. 16 And if I do what I do not want to do, I agree that the law is good. 17 As it is, it is no longer I myself who do it, but it is sin living in me. 18 For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. 19 For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. 20 Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. 21 So I find this law at work: Although I want to do good, evil is right there with me. 22 For in my inner being I delight in God's law; 23 but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. (Romans 7:14-23)

Why do we get stuck?

1. We are all broken.
2. We all wrestle with hurts, hang-ups, and broken habits.
3. We all wrestle with unwanted thoughts, feelings, and memories.

How do we practically get unstuck?

*25 Thanks be to God, who delivers me through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin. Life Through the Spirit 8 Therefore, there is now no condemnation for those who are in Christ Jesus, 2 **because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.** (Romans 7:25-8:2)*

1. Invite Jesus into our past.

*"You were called, because Christ suffered for you, **leaving you an example**, that you should follow in his steps." (1 Peter 2:21)*

2. Invite Jesus into our unique brokenness.

6 Jesus answered, "I am the way and the truth and the life. (John 14:6)

3. Invite Jesus into our minds.

3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6 And we will be ready to punish every act of disobedience, once your obedience is complete. (2 Corinthians 10:3-6)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. (Galatians 5:1)

Self-Discovery Reflections:

1. Growing up, what were the areas of your life that went unmet? Why.
2. In the areas of your own unique brokenness, how do your feelings and actions affect you and your relationships? Reflect on an example.
3. In the three ways we can invite Jesus to help get us unstuck and reach our full potential in Christ, which practice can you exercise this week?

Welcome to HOME Church

Thank you for attending HOME Church. If you are looking for a church to call HOME, feel free to connect with us. Details are on our website at www.ourhomechurch.ca OR the welcome card in the seat in front of you.

Upcoming News + Notes:

- **Cantonese Evergreen Event** on April 23 10:30am. Sign up with Mayson, Nora, or Pastor Paul.
- **Summer Getaway at Summit Pacific College** (formerly Summer Camp) on July 3-5, 2026. Save the dates! Details on the church website. Registration is now OPEN online and on-site in the foyer.
- **HOME Groups.** Cantonese Monday Bible Study, Tuesday Prayer Night, Friday Fellowship. Details with Mayson, Nora, Tony, Pastor Paul. English Home Groups on Saturdays, Wednesdays, or Sundays. Details on the website.
- **Download the HOME Church APP** for the latest news, notes, interactive sermon notes, and more. Details on the QR CODE (scan to download):



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