

**Spiritual Stagnation** is about the things  
that can hinder your  
ability to live out of your **true self**

The opposite of change is stagnation.

*One thing we know about God is  
**He's NOT into stagnation...***

We have to  
**GIVE** to **GROW**

# Pain

is a message or even a gift from God to show us when something is wrong so we will respond to it.

*C.S. Lewis said, "Pain is **God's megaphone to a deaf world.**"*

# Symptoms of Spiritual Stagnation

depression

anger

feeling lost / without direction

confusion

procrastination

anxiety

hopelessness

despair

self-pity

blaming

religiosity

overwork

gossip

all-or-nothing thinking

criticism

irritability

judgments

all kinds of addictions

# Wounded in your **Giftedness**

When you have a life of **meaning, value, and purpose**, your self-destructive chances are greatly reduced

Religion is naturally self-centered,  
but **relationship is others-centered**

Make peace with your past by  
making your **pain someone else's gain**

**Emotional wounds are like physical wounds**

***[hyper-vigilance]***

# Secrets

Our secrets **affect us physically** and **isolate** us from ourselves, God, others, & our ministry

If I have no secrets... I can finally get the log out of eye so I can actually **see the speck** in someone else's.