

Practical "Rut Breakers"

1. Return to prayer before you return to activity.

- A rut is not fixed merely by filling the calendar.
- Start with God. Ask:
 - "Lord, what has slowed my heart?"
 - "Where have I drifted?"
 - "What do I need to surrender?"
 - "What faithful step should I take next?"

2. Open the Word with a specific purpose.

- Do not only read randomly. Read to renew your mind, strengthen your faith, and correct your direction.
- Suggested passages for someone in a rut:

Philippians 3	Romans 12
2 Corinthians 4	Galatians 6
2 Corinthians 11–12	2 Timothy 4
Acts 20	

3. Confess what is really happening.

- Many people say, "I'm just busy," when they are actually spiritually dry.
- Others say, "I'm tired," when they are actually discouraged.
- Others say, "I need a break," when they may need repentance, encouragement, or renewed purpose.

4. Take one visible step of obedience.

- Do not wait until you feel fully motivated.
- Momentum often comes after obedience, not before it.

5. Stop measuring faithfulness only by feelings.

- Paul did not always feel strong.
- He was often weak, burdened, and pressed.
- But he kept trusting God.

6. Reconnect with faithful people.

- Paul did not serve in total isolation.
- He had Timothy, Titus, Luke, Silas, Barnabas, and many others.
 - He even received help rather than producing only self-contained effort
 - Consider:
 - 2 Corinthians 7:5–6: Titus comforted Paul.
 - 2 Timothy 1:16–17: Onesiphorus refreshed him.
 - Philippians 2:19–30: Paul depended deeply on coworkers.
 - Romans 15:30–32: Paul requested prayer and hoped to be refreshed by the brethren.
- Spiritual isolation deepens spiritual ruts.

7. Reclaim your “why.”

- Paul knew why he lived.
 - He served Christ, preached the gospel
 - strengthened the churches
 - and pressed toward the goal.
- Think about your answer to this questions:
 - “Why did you start serving the Lord?”
 - “What eternal purpose has been buried under temporary frustration?”