

Breaking Through the Spiritual Rut

Using Paul's Momentum

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Ruts Are Real, but They Are Not Final

1 Corinthians 11:23-28

Spiritual Rut: *Present, but no longer moving
faithfully.*

Spiritual Momentum: *Continued faithfulness in
Christ.*

RECOGNIZE: *What Has Stalled You?*

Depletion: What has drained me?

Distraction: What has redirected me?

Disobedience: What am I refusing to surrender?

You cannot address what you refuse to name.

2 Corinthians 11:27–28 | Acts 20:24

REFOCUS: *Press Toward the Goal*

Philippians 3:7-14

The past may explain you, but it must not steer you.

Release *the controlling power of the past*

Reach *toward what is ahead*

Recenter *life around Christ*

RELY: *Grace is Sufficient*

2 Corinthians 12:7-10 | 1 Corinthians 15:10

*Paul's momentum was grace-powered, not
self-powered.*

Grace did not make Paul passive

Grace made Paul active

REENGAGE: *Regain* *Traction* *2 Corinthians 11:28*

Sometimes we need to serve.

Sometimes we need to allow others to serve
us.

Both require humility.

Are we helping weary people regain traction—or merely telling them
to press the accelerator?

RUN: *Regain Traction*

1 Corinthians 9:24-27

Return to God

Reconnect with faithful people

Resume one act of obedience

Momentum is built through faithful steps, not emotional bursts.

Finish the Race

2 Timothy 4:6-8

Not fame.

Not ease.

Not applause.

Faithfulness.

Recognize. Refocus.
Rely. Reengage.
Run.

Identify what has stalled you.

Identify one faithful step.

Identify one trusted person you will tell.