

“One of the most encouraging promises of the gospel of Jesus Christ is the promise of fresh starts and new beginnings. In this very helpful and practical book, Tim Lane not only helps you to understand that promise but shows you, step by step, how to experience that change in your own life and relationships. I can’t imagine who wouldn’t be helped by this book!”

Dr. Paul Tripp, Pastor; Author;
President, Paul Tripp Ministries

“We all at times find ourselves ‘stuck’ in familiar yet undesirable territory which we can’t seem to change. As a coach, I [Clyde] appreciate how Tim has masterfully laid out nine steps to help us redirect our paths toward freedom and permanent heart change. *Unstuck* is an invaluable tool for all who long to break free from wrong and unwanted responses and, with the Spirit’s help, see personal transformation toward living the full Christian life that God intended.”

Clyde and Debbie Christensen,
Senior Offensive Assistant, Miami Dolphins

“Here’s a wise, well-crafted, biblical plan for how we can pull up stubborn habits and sin patterns in our lives by the roots, and get rid of them once and for all.”

Bob Lepine, Co-host, *FamilyLife Today*

“‘Who we are comes before what we do.’ This is good news for the person who desperately wants to change, and Tim’s book is built on this solid foundation. *Unstuck* offers practical theology to the utmost—it’s clever and compelling, and centers on Christ the whole way. I know I’ll be returning to this book when I’m feeling stuck and want to see progress in specific areas of my heart and life.”

Kristen Wetherell, Author, *Hope When It Hurts*

“All of us at some time (or many times) in our life have felt ‘stuck.’ We aren’t growing; we seem to be repeating the same old behaviors and having the same old attitudes that harm our lives. Tim Lane insightfully and biblically helps us think through how we might get ‘unstuck’ and move forward in our lives and our relationship with Christ. *Unstuck* is full of wisdom and practical advice. I recommend it for all of us who find ourselves struggling to live in a way that moves us to a deeper relationship with God and others.”

Temper Longman III, Ph.D., Distinguished Scholar and
Professor Emeritus of Biblical Studies, Westmont College

“Just about every Christian gets stuck at some point in their Christian life. Here’s a sound guide to getting out of the rut or the sludge, and finding the spiritual freedom needed to connect afresh with God and others. Christ-centered, biblically based, psychologically astute, and grace-oriented, this is a practical, but comprehensive help to live the life in Christ we were made for.”

Eric L. Johnson, Ph.D., Senior Research Professor of Pastoral Care, Southern Baptist Theological Seminary

“*Unstuck* by Tim Lane has that rare, beautiful balance of a gospel-centered foundation and practical biblical principles for living out the gospel. *Unstuck* also combines relevant real-life illustrations, clear, creative content, and a workbook-like format that makes personal and ministry application doable.”

Bob Kellemen, Ph.D., Author, *Anxiety: Anatomy and Cure*; V.P. and Academic Dean, Faith Bible Seminary

“Tim has done it again! He has written a readable, grace-filled, and ‘practice-able’ book that the reader will easily relate to. The clarity of the gospel is our guiding light as we consider a journey that begins with God’s love and ends with us loving God and others. The message of *Unstuck* is both profound and simple... rich for the teenager and rejuvenating for the theologian.”

Judy Dabler, MAC, MATS, Licensed Professional Counselor (Missouri); Certified Christian Conciliator; Founder, Creative Conciliation

“Tim has a wonderfully accessible and disarming way of inviting ordinary Christians who long to grow into significant spiritual reflection. His 9-step process is essentially a guide to experiential union with Christ, but it’s not a quick-and-easy recipe—it’s an invitation to take bold and courageous steps of self-awareness. This is a great gift to the church!”

Chuck Degroat, Ph.D., Professor of Pastoral Care and Christian Spirituality, Western Theological Seminary; Senior Fellow, Newbigin House of Studies; Licensed Professional Counselor, MI.

“This is a superb book for two primary reasons: 1) it accurately describes real-life situations which we Christians often face; and 2) it powerfully brings the word of God (both written and incarnate) to bear on those situations with practical, winsome, and effective grace. Thank you, Dr. Lane, for this book. I needed it!”

Dr. Samuel Logan, Associate International Director, The World Reformed Fellowship

“Although Scripture asserts that Christ has set us free, why do we have such trouble experiencing that freedom? Why do we worry and doubt? Why are we so easily consumed by anger and the urge to control things? Why are we unkind even toward the people we love most? Why do money and comfort drive us like they do? If you desire practical answers to these sorts of questions, if you feel tired of yourself and of your seeming inability to change, the book you hold in your hands is a potential lifeline. Both professionally and personally, Tim is a proven expert in gospel transformation. I can’t recommend this book highly enough.”

Scott Sauls, Pastor, Christ Presbyterian Church, Nashville, Tennessee; Author, *Jesus Outside the Lines* and *Irresistible Faith*

“*Unstuck* is a book I have been waiting for! Far too many Christians do not think deeply about their own continued growth. Tim Lane has given us a resource that is a clear, biblical, accessible, and comprehensive road map for personal change. It will help many be transformed into greater Christ-likeness.”

Chap Bettis, Author, *The Disciple-Making Parent*;
Executive Director, The Apollos Project

“What do you do when there is a particular sin you just can’t seem to shake from your life? Tim Lane encourages us to work on ourselves, but always in the grounded assurance of God’s character. In the gospel, we are united to the One who is loving enough to save us and powerful enough to transform us. Whether your problem is anger, lust, greed or gossip, *Unstuck* is the book to help you believe once more that change is possible.”

Chris Cipollone, Founding Director,
Biblical Counsellors Australia; Author, *Down, Not Out: Depression, Anxiety, and the Difference Jesus Makes*

“Tim Lane’s *Unstuck* is an immensely practical and useful book for those struggling with life’s challenges and those who counsel them. For those debating whether to see a counselor, it is an exceptional place to start, providing step-by-step guidance along a biblical path to growth. It is also a rich resource for Christian counselors to suggest to those who are ‘stuck’ in a tough place in life. Biblically rich and pastorally sensitive, *Unstuck* will be a gentle guide to many Christians.”

Dr. Tim Sisemore, Licensed Psychologist; Author of 10 books including *Finding God While Facing Death*

TIM LANE

A sunburst graphic consisting of numerous thin, black lines radiating outwards from a central point, framing the word 'Unstuck'.

Unstuck

the goodbook
COMPANY

For our parents
Clyde and JoAnn Lane
Bill and Sue Casey

Unstuck

© Timothy Lane/The Good Book Company, 2019

Published by:

The Good Book Company

Email (US): info@thegoodbook.com

Email (UK): info@thegoodbook.co.uk

Websites:

North America: www.thegoodbook.com

UK: www.thegoodbook.co.uk

Australia: www.thegoodbook.com.au

New Zealand: www.thegoodbook.co.nz



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ISBN: 9781784983680 | Printed in Denmark

Design by André Parker

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INTRODUCTION



Do you feel... *stuck*?

If you are reading this book, it is most likely because there is an area in your life that you want to change, but you don't know how to.

There's a behavior that you've tried to stop, but you just can't seem to do it.

There's a negative thought-pattern that you have attempted to move on from, but nothing you try ever works.

There's a relationship that you want to repair, but despite all your best intentions, nothing seems to make things better.

You want to change, but you feel... *stuck*. Maybe you can identify with one of the following people.

JONATHAN AND ANGER

Jonathan is a father of three. He used to be very easygoing, but lately he finds that the smallest thing can make him irritable and angry. Now he and his wife are struggling to get along. Every small decision becomes an argument, and they feel more and more distant from each other.

NANCY AND ANXIETY

Nancy struggles with anxiety. She, too, has made many attempts to change. She has applied helpful techniques she read online. She has raised the issue with her doctor

and knows to seek medical advice when certain warning signs emerge. But the daily, low-level struggle continues. When Nancy reads the part of the Bible that says, “Do not worry,” she feels hopeless. She can’t imagine ever being free from her anxiety.

DAN AND ADDICTION

Dan has struggled with the same temptation for years. It started in his early teens. What seemed like fairly innocent viewing of a mildly suggestive website has become a lifestyle of addiction to pornography. He has tried countless times to change but to no avail. He doesn’t even know where to begin. He is filled with guilt every time he fails, and his shame causes him to hide his struggle from others.

YOU?

Dan, Nancy, and Jonathan are normal people trying their best to navigate life and its challenges. They wake up every morning and face the same things you face: a difficult job, a challenging boss, financial pressures, physical ailments, past relational hurts, and a host of other things that are a part of life in a world that is both glorious and broken at the same time. Regardless, they get up every morning wondering if it could be better, and wishing that it could be.

Is it possible for them to respond to the challenges of life in ways that are hopeful and helpful?

Is it possible for them to break free from the habits and behaviors that don’t seem to go away?

In other words, is it possible for them to get unstuck?

Yes, it is. And it’s possible for you to get unstuck too.

DEEP AND PRACTICAL/OPTIMISTIC AND REALISTIC

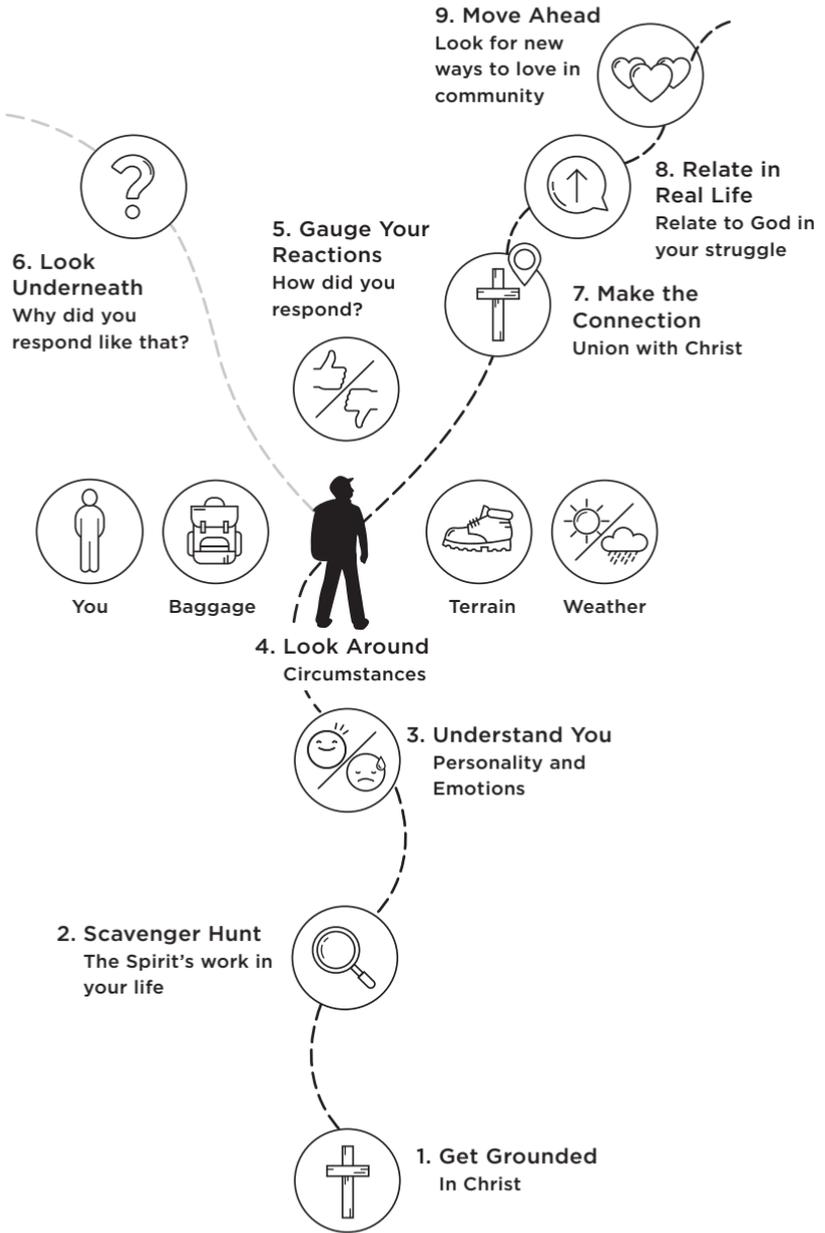
This book will take you on a nine-step journey toward lasting change. I have spent many years counseling others

through the change process (and decades seeking to grow as a Christian myself), and in that time I have found these nine steps to be essential to personal transformation. It's worth saying at the start that you will need all nine steps, not just a few—don't skip ahead or give up halfway through. In this book we'll seek to be both optimistic and realistic at the same time; we need to strike a balance between being optimistic about the hope for change and realistic about how hard and slow that change can often be.

These steps are much more than a simplistic technique: they are truths that are rooted in Scripture. Because of that, they are both deep and practical at the same time. Many books on change are truly deep. They plumb the depths of rich theology but remain detached from real life. They focus on right thinking. Other books get right to the issues and struggles that real people face. They are full of techniques and practical tips. They focus on right behavior, but often don't go deep enough for change to last .

This book will do both. We'll connect the rich truths of God's grace to the struggles of daily life that we all face. This is what is sometimes called "practical theology": theology that is practical and practice that is rooted in good theology.

As you journey through the various steps, you will notice that, at one level, they are not new. In fact, all theories and therapies are looking at the same key aspects of change. And there is a lot to learn from many current secular evidence-based therapies. But this book takes a distinctively Christian view of change. While there is much to learn from other theories, the Bible provides unique foundational truths that are essential to getting unstuck—that's why it will form the basis of every step on our journey.



WELCOME TO THE JOURNEY

Over the chapters that follow, we'll be imagining ourselves at a junction. The junction represents those pressure-point moments that we face every day. It could be anything: those moments when our kids are disrespecting us, or when our colleagues are disagreeing with us, or when temptation rears its ugly head. The question is: how do we respond?

If you're reading this book, it's probably because you feel stuck on the "left-hand track" of negative, unhelpful, and sinful attitudes and behavior. But in order to change your direction of travel—in order for you to choose the "right track" in the micro-moments—you need to see the junction as a whole. So the nine steps in this book will help you to look back along the road you've already traveled; consider why you so often take the left-hand fork; and, finally, show you how to increasingly do the right thing instead.

LET'S GET STARTED!

Before we begin with our first step, pick an area in your life where you would like to see change. Don't be discouraged. We all have areas of struggle. In fact, we all have more than one! But for the purposes of this journey, it helps to start by focusing on just one—the one that runs deepest or is having the biggest effect on your relationships. Write it in the space below:

AREA OF DESIRED CHANGE: _____

If you can't think of anything, here are some suggestions:

- Is there something you tend to worry about? Finances, your job, a relationship?
- Is there something you tend to get angry about? Interruptions, other drivers, a certain type of person?

- Is there a typical way that you tend to escape when life gets hard? Watch TV, drink too much, eat for comfort?
- Do you tend to avoid conflict with others at all costs?
- Do you find yourself struggling with envy when you compare yourself to others? (Maybe with regards to appearance, material possessions, lifestyle?)
- Do you struggle with the “blues”? What do you get down about?
- Do you think a lot about material possessions and struggle to live within your means?
- Do you find yourself arguing with other people a lot?
- Is there a person or group of people that you have to have the approval of?
- Do you struggle with holding grudges and not being able to forgive someone?
- Do you struggle with fear? What is it that you fear? Rejection, getting a diagnosis from the doctor, losing your job?

If you have a hard time picking something, you could ask someone you trust to tell you where they think you need to grow. (But be careful who you choose!)

As we move along in our journey, you can keep coming back to this issue as a practical way to apply what you are learning in each chapter.

WHAT UNDERPINS THE POWER

Before we begin, there's one final thing to remember: all nine steps on this journey need to be underpinned by prayer. We cannot change ourselves; we need God to work in us by his Spirit. So start your journey of change by using this passage to pray and ask God for grace, encouragement, and strength to make progress.

I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

(Ephesians 3 v 14-21)

This short passage tells you so many wonderful things: you are loved by God, his power is at work in you, and he is with you and is able to help you as you seek to grow in grace.

Now, let's get started!



**1. Get Grounded
In Christ**

STEP 1

GET GROUNDED

Look back at what Christ has done for you.



Jim was a normal guy. He was married with children, had built his career, and was getting close to retirement. That was what I knew of him as we chatted one afternoon.

But I soon discovered that there was more going on under the surface. I had been doing some talks on anxiety, and as we talked, Jim revealed that worry had been his life-long struggle. Later that week, he called and asked to start meeting with me one on one.

In our first two or three meetings together, I took my time to get to know him and his story. He had grown up as an only child with a verbally abusive father and a nurturing mother. He recounted years of teasing and bullying that he experienced throughout school and into college. This treatment had made him angry and pushed him in the direction of being a perfectionist. He made a vow that he would prove everyone wrong. He always made As on all of his exams. He was determined to show people that he was a successful person. And he was—four decades later, and Jim looked as if he had made it. Yet the treadmill had left him awash in a sea of depression and anxiety.

Jim was also a professing Christian. He was well thought of at church, had a firm grasp of theology, and

understood the Bible better than most people. Yet what was most interesting about the way he told his story was that he rarely mentioned God. He made very few meaningful connections between his faith and his life. He didn't seem to see how Christ had given him the ability to maintain a good marriage and parent his children. He made no mention of God's grace, or Jesus' death and resurrection, or the work of the Holy Spirit as he recounted his life. In other words, Jim's story focused on one primary person: himself.

TIME TO TAKE STOCK OF THE PLAYERS

When you recount your history with all its challenges and triumphs, who are the most prominent players? From the way that you tell your story, would someone know that you have a vital dependence on Christ?

I have found in my own life and in the lives of those I counsel that this is the surest sign of whether someone is growing or stuck. When someone is growing, Christ is real. His presence and help are palpable. But when someone is stuck, the last person they talk about is Jesus. That is why this first step is so very important.

Before we can tell our story, and change our story, we need to take stock of who the players are. That's how it works in twelve-step recovery programs such as Alcoholics Anonymous. You probably know that the first thing someone in the program must do is admit that they have a problem: "My name is Tim and I am an alcoholic / compulsive gambler / sex addict." But it goes further than that—the participant must then acknowledge that they are powerless to overcome their problem and need a "higher power" to help them to change. This is no coincidence. Twelve-step programs owe this element to the early influence of the Christian faith. What has been proven through

years of research is that people have a basic and utter need to start by looking away from themselves.

And so it is with you. When you stand at a junction and are faced with a moment of choice, the first thing you must do is to look back along the path. But unlike a twelve-step program, on this journey you don't look toward an impersonal force or a vague deity—you look to a person, and a day in history that has changed who you are forever. You look to Jesus.

GOODBYE TO GUILT

Here's why this step is so important. Whenever we start to see areas of struggle in our lives, it can immediately produce feelings of guilt and shame. Our gut instinct is to deny the problem and try to cover up the shame. We see this with Adam and Eve in the Garden of Eden. Upon their initial disobedience, they hid from God, covered themselves, and shifted the blame in an attempt to deal with their sense of guilt and shame before God.

Can you identify with this tendency? I can! When was the last time you failed at something or said something hurtful to someone? What did you immediately do? Pretend it wasn't that bad? Blame the other person? Just move on? The trouble is that none of these responses really deal with the situation or help us to change in the long term.

Over the course of this journey, you're going to be confronted with areas of sin and struggle in your own life. In order to resist the urge to hide, cover, and blame-shift in the face of your sin and suffering, it is so important to instead begin the change process in a place of confidence and safety.

You may be surprised to hear that this is actually what we find in the Bible. Whenever the biblical writers are

addressing disobedience or calling believers to further obedience, they almost always start with emphasizing God's love and faithfulness to his people. For instance, consider how the Ten Commandments start. Before God gives the people of Israel his commands, he begins with these words in Exodus 20 v 2:

I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

That's amazing! God starts by reminding them of what he has already done for them. He had already saved them from slavery in Egypt, adopted them as his people, and promised to be with them every step of the way! It was only after this that he gave them the Ten Commandments. These commands were wise, good, and loving too. They weren't supposed to feel like a weighty burden but a natural way to express love and gratitude to God for his kindness. The Israelites didn't have to keep the Ten Commandments to earn their adoption and freedom; the rescue and adoption came first.

One of the most common errors in a Christian's life is forgetting this very important order: God's rescue leads to obedience. Obedience does not earn God's rescue. Who we are comes before what we do.

The apostle Paul follows a similar pattern in Philippians 2 v 1-4:

IDENTITY

If you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion...

OBEDIENCE

... then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Notice the pattern. Before Paul calls the Philippians to obedience in verse 2, he grounds them in their relationship with God in verse 1. It is only then that he says “then.”

THIS IS WHO YOU REALLY ARE

The most profound resource that we have as Christians is a personal relationship with God where we enjoy his favor and love. Because of Jesus’ life, death, and resurrection, we have a totally new identity and perspective.

Consider the following things that are true of you if you are a Christian. We will consider these truths in more depth later in the book, but it is worth noting them now. Paul says they are true of you because you are “in Christ.”

- You are loved by God, and he chose to love you before you were even born (Ephesians 1 v 4-5).
- You are adopted as his child (v 5).
- You are freed from slavery to sin and your sins have been forgiven (v 7).
- You are in a lifelong relationship with God through Christ, and have been given the Holy Spirit, who is at work in you (v 13).
- You have a future hope of living in the very presence of God forever (v 14).

These are the blessings that Christ has secured for us through his life, death, and resurrection. It’s what the Bible calls the gospel—the good news that people like you and

me can be reconciled to God and have a new identity that is grounded in what Jesus has done for us.

Before we go any further, it's worth pausing to consider: is that what you believe? Where are you finding your identity? What are you relying on to make you right before God: your own efforts and good deeds, or what Jesus has done for you? That is a critical question to ask, because lasting change can only happen if you're "in Christ." If you aren't sure, speak to a Christian you trust and respect. And in the meantime, keep reading. I hope that as I describe the Christian vision of change, and what it means to be fully human, you will be compelled to genuinely put your trust and hope in the One who has made it possible through his life of perfect obedience, his death on the cross, and his resurrection from the dead—Jesus Christ.

JERRY AND SUSAN: THE GOSPEL IN REAL TIME

But how does this knowledge of who we are "in Christ" translate into our everyday life?

Jerry and Susan had been married for 20 years. They started struggling in their marriage about five years ago. A season of loss had opened doors for hurt and resentment to take over the tone of their marriage. They had been to several different counselors, and had been given various skills and techniques that did help their relationship. Yet there was always a challenge. What do you do when you are trying to love your spouse and they don't appreciate or notice? Unfortunately for Jerry and Susan, their attempts at change eventually led to greater hurt, frustration, and little hope that the marriage could be different.

As I began to work with them, I confirmed that many of the skills they had been given were indeed very helpful. In fact, they had probably helped them stay married for this long. But we needed to go deeper. After getting to know

them better, I began to help them make connections with who they were in Christ.

Over several months we discussed Philippians 2 v 1-4 during our meetings. I gently guided them to ponder this passage. Here is what the conversation sounded like:

- “Jerry and Susan, tell me where you have experienced ‘any encouragement from being united with Christ’ this past week. Have you found encouragement in the fact that your sins have been forgiven and that God completely accepts you? From the truth that he doesn’t just tolerate you but really loves you deeply?”
- “Jerry and Susan, talk to me about how you have experienced ‘any comfort from his love’ this week. Life is hard and relationships are challenging, but God desires to comfort you in the midst of your struggles—even struggles in your marriage.”
- “Jerry and Susan, paint a picture for me of a time this week when you have experienced ‘any common sharing in the Spirit.’ When did you not do what seemed natural, but instead found new power to react to life differently? Did that happen between the two of you?”
- “Jerry and Susan, how have you experienced God’s ‘tenderness and compassion’? What was that like? How did you feel?”

After several weeks of talking about these things, Jerry and Susan began to think about it more carefully throughout the week. Some weeks they would come in with rich and vivid memories of being on the receiving end of God’s grace and kindness. Some weeks they wouldn’t have much to say. But what became clear was that in the weeks when they did see how they had experienced God’s compassion, kindness, forgiveness, and grace, they would report that their relationship seemed better. Granted, it wasn’t perfect.

But they were beginning to look up, and that was changing them and their marriage. You could call this “Christian mindfulness”—Jerry and Susan were becoming more mindful of their relationship with Jesus in the moment, not just when they were at a worship service in a church.

When Jerry and Susan were growing more deeply in their identity as adopted children of the Father, they discovered a new desire and ability to be humble—recognizing their own failings and not just pointing a finger at each other. They started to think less of what they needed and more of what the other one needed. And when they did have a need, they were learning how to express that to one another graciously instead of making demands.

The same effect can be seen in any personal struggle. Whether your struggle is with worry, addiction, discouragement, anger, fear, or anything else, starting with who you are in Christ is foundational—because God’s compassion and grace toward us always comes before his wise and loving commands. This is one of the unique aspects of the Christian faith.

God’s love for us is always first. His wise and loving commands are second. We are loved in Christ so that we might obey him. We don’t obey him so that we might win his love.

WORK IT THROUGH

With this biblical backdrop in mind, let’s start to get very practical. Locate a few passages which remind you that you belong to God and that you are secure in his gracious and loving embrace. Take a moment to find a few passages that are particularly relevant for the area of struggle you chose at the beginning of your journey. If you’re not sure where to start, ask someone you trust to help you find some passages together.

UNSTUCK

PASSAGE 1: _____

PASSAGE 2: _____

PASSAGE 3: _____

Don't stop there. Select the most helpful passage and put it in a place where you can easily access it: on your phone, in a notebook, on your refrigerator. Whenever you see those verses, talk to God and thank him for how he has loved you.

Are there other ways to meditate on God's love for you? Is there a favorite song or hymn that reminds you of his grace? A poem? A phrase? A work of art? A friend who tells you the Great News whenever you see them? Take a moment and write that down.

HYMN OR SONG: _____

POEM, PHRASE, OR WORK OF ART: _____

A FRIEND: _____

WHAT IS HAPPENING?

As you think about the struggle that you chose at the beginning of this book, what was your experience when you first wrote it down? Guilt? Embarrassment? Despair? Now that you have turned your gaze to Jesus, how do you feel? Can you see why this first step is so vital to getting unstuck from your struggle and moving forward?

So often we listen to the voice of our conscience, which whispers words of guilt, shame, and condemnation. These thoughts hum in the background of our minds like white noise and prevent us from hearing the clear sound of God's voice. You must fight to replace the voice of this

false narrator with that of the true Narrator, who speaks the truth about who you are and to whom you belong. He says this about you in Romans 8 v 1: “Therefore, there is now no condemnation for those who are in Christ Jesus.”

Take a moment and sing the song or read the passage out loud. You have taken the first and most vital step on the journey to lasting change! This first step is one that you must keep coming back to every day, and in every moment of every day. Don’t let it fade into the background.

KEEP RUNNING

As we begin the process of self-examination in this book, it must begin by looking outward—at Jesus. Our instinct is to begin by looking at ourselves. But the Bible tells us that change begins as we gaze outward and away from ourselves:

Let us throw off everything that binders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. (Hebrews 12 v 1-3)

As you continue on this journey, you’ll soon discover that change is like a marathon. It’s hard work. There’s a lot of sweat. It’s exhausting. Sooner or later you’ll feel that you’ve hit “the wall.” But Jesus has blazed a trail before you. He endured the cross in order to guarantee that you’ll reach the finish line. So fix your eyes on him and on what he has done for you—not just today but every day. It’s by looking to him that you’ll find the strength to keep on running.

