



## Stuck Study Guide

By Jennie Allen



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### Stuck Study Guide By Jennie Allen

#### Do you feel stuck?

So many of us live stuck. Stuck in trying to seem perfect. Stuck in sadness. Stuck feeling numb. Stuck pursuing more stuff to make us happy. Stuck in something we can't even name. These stuck places often go unattended inside of us and they are shaping our lives more than we would like to think. We've been trying to fix this feeling with everything but...

**God.** He has a plan for these spaces inside of us, the places we feel broken, but we have to go to Him. *Stuck* is a journey to take an honest look at the fight going on inside, leading us to the God who has a plan to restore it, to restore us.

The eight lessons in this study guide are simple and interactive, offering projects, stories, and Bible study to dig into Scripture, to deeply engage the mind and heart. Because as we realize that our stuck places are the very places that make us ache for God, we find Him waiting there for us with hope and freedom.

Sessions include:

1. stuck
2. broken
3. mad
4. discontent
5. scared
6. overwhelmed
7. sad
8. unstuck

Designed for use with the *Stuck DVD* 9780849922541 (sold separately).



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### Editorial Review

#### About the Author

Jennie Allen is a recovering achiever who is passionate about Jesus. She is the bestselling author of *Anything* and *Restless*, and the Bible studies *Stuck* and *Chase*, as well as the founder and visionary for the million-strong IF:Gathering, which exists to gather, equip, and unleash the next generation to live out their purpose. Jennie speaks frequently at conferences such as Catalyst and Q. She holds a master's degree in biblical studies from Dallas Theological Seminary and lives in Austin, Texas, with her husband, Zac, and their four children.

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