

3 Fast and simple steps
TO BREAK FREE FROM
SPIRITUAL
“STUCKNESS” AND
START LIVING WITH
PURPOSE



BY STEPHANY EMANUELSON

A Note From Your Guide, Stephany

My name is Stephany, and for years, I looked like I had it all together. I was leading ministries, active in my church, and surrounded by a loving Christian family. On the outside, I was doing all the "right" things. But on the inside? I was struggling.



Have you ever felt that way? Close to the church, but far from God? I battled cycles of shame, self-doubt, and spiritual apathy. I'd feel a spark at a revival, only to fall back into the same old patterns weeks later, feeling more defeated than before. I tried devotionals and programs, but nothing seemed to address the real root of why I felt so stuck, unworthy, and unloved.

My turning point came after a devastating family tragedy. It was a heartbreaking moment that showed me how precious time is and that I couldn't afford to just "coast along" in my faith anymore. I knew I had to do something different to become the woman God created me to be.

That's why I'm so passionate about helping you. I developed this guide because I know what it's like to feel stuck, and I also know the incredible freedom that comes from finally addressing the root issues and stepping into your purpose. My mission is to help women just like you break free from what's holding them back, so you can unlock your highest potential and build an unshakable relationship with God.

You don't have to do this alone.



Introduction

Do you feel like you're spinning your wheels? You pray, you read your Bible, but deep down, you know you're spiritually stuck. It feels like you're living in a cycle of procrastination, self-doubt, and confusion, watching other women step into their purpose while you're left wondering, "God, what about me?"

It has nothing to do with your love for God or your desire for more. It's because we often get trapped by hidden patterns and beliefs that keep us from the abundant life He has planned for us.

But what if you could break free from that cycle, right now?

What if you could take the first real steps toward the confident, disciplined, and purpose-driven life you were created to live? This guide will give you three simple but powerful steps to begin that journey. It's time to stop settling and start living. Are you ready?



Step 1: Identify the Root Cause

You can't fix a problem you don't understand. Often, spiritual “stuckness” isn't just a lack of motivation; it's a sign of a deeper root issue. These are the hidden idols; the things we place before God, like the fear of failure, the approval of others, or our own desire for control.

They are the limiting beliefs that whisper we aren't good enough, smart enough, or worthy enough to fulfill our calling.

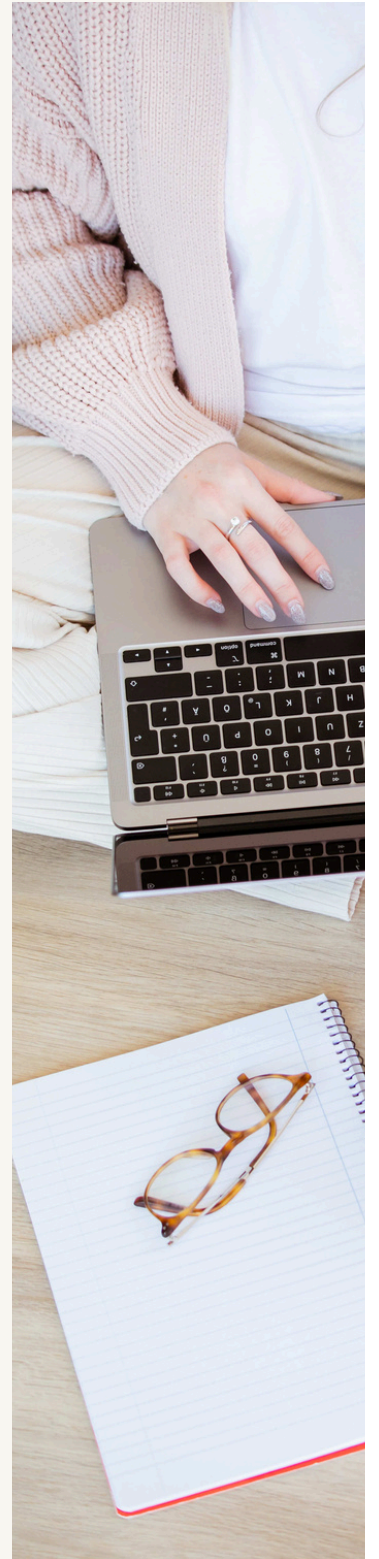
If you cannot even be responsible with what God has revealed to you, how can you expect to handle the greater things He has in store? It's time to get honest with yourself. What is really holding you back?

Action Exercise: The Honest Question

Set aside 10 minutes in a quiet space. Ask yourself this one question and write down whatever comes to mind without judgment:

"If I were to be completely honest, what am I afraid of losing or facing if I truly stepped into my God-given purpose?"

Is it comfort? The opinions of others? The fear of not measuring up? The answer will point you directly to the idol or belief that has its hooks in you. Recognizing it is the first step to demolishing it



Step 2: Surrender Control

Now that you've identified the root, the next step is to release your grip. So many of us try to "fix" our lives on our own, creating detailed plans and trying to force things to happen through sheer willpower.

But true transformation doesn't come from striving; it comes from surrender. It's about handing over the reins to the One who knows the way.



Surrendering control feels scary, but it's the most powerful move you can make. It is an admission that His plan is far greater than any plan you could ever create for yourself.

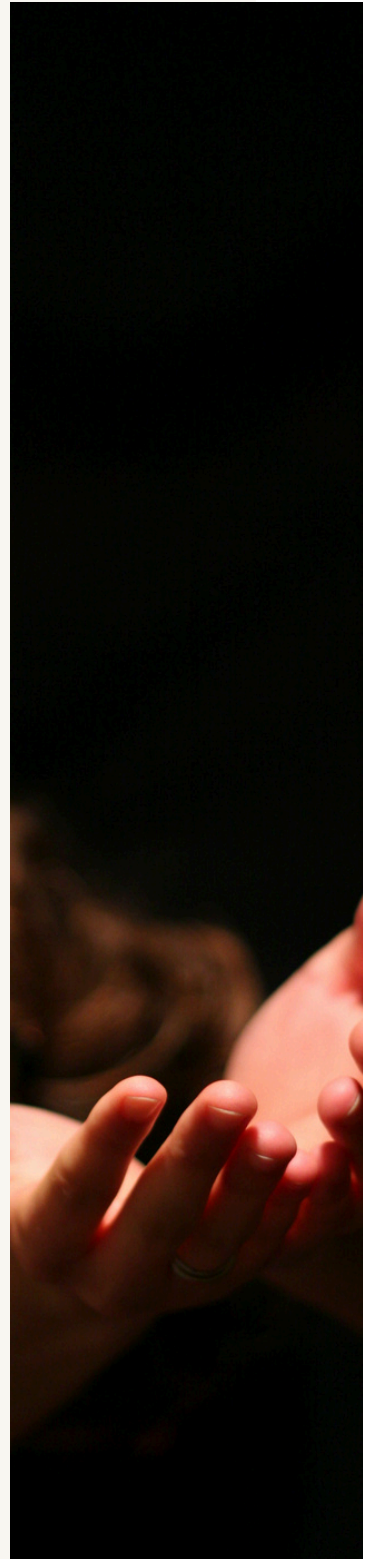
It's a declaration of trust

Practical Tip: The Surrender Prayer

Whenever you feel yourself trying to take back control, stop and say this simple prayer out loud. Let it be a physical act of letting go.

“God, I release my need to understand and control this situation. I give you my fear, my plans, and my timeline. I trust that You are working all things for my good. Lead me, guide me, and show me the next step. My life is in Your hands.”

This isn't a one-time act; it's a daily, sometimes hourly, choice to trust Him over your own strength.



Faith without works is dead. After identifying the root and surrendering control, it's time to move. You don't need a ten-year plan; you just need to take one small, bold, faith-filled step in the direction of your purpose. This action proves to yourself and to God that you are ready to move forward.

Examples of Bold Actions:



- Sign up for that course you've been thinking about.
- Share a piece of your testimony with a trusted friend.
- Wake up 30 minutes earlier tomorrow to spend dedicated time in prayer.
- Delete the social media app that fuels comparison and drains your spirit.
- Research one way you can use your gifts to serve in your church or community.

Choose one thing that feels slightly uncomfortable but deeply right. Then, do it without overthinking.

Step 3: Take One Bold Action

What is one thing you can do today that aligns with the woman you want to become? The goal is not perfection, but progress. A single step forward breaks the paralysis of procrastination and builds momentum.

Your Journey Is Just Beginning

These three steps are the key to unlocking the door, but what about walking through it? What about building a life of unshakable discipline, authentic confidence, and lasting purpose?

Taking these first steps is incredible, but true transformation happens when you have a proven roadmap, spirit-led guidance, and a community of faith-driven women walking alongside you. You don't have to do this alone.

If you are ready to stop circling the same mountain and finally activate the divine calling on your life, I invite you to join The Radiant Reset. This 7-week program is the blueprint you've been praying for. We will go deeper into demolishing idols, building spirit-led habits, and creating a life that radiates with God's purpose.



Thank you!

Stop waiting for "one day." Your time is now. Click the button below to join The Radiant Reset and become the woman you were created to be.



[Join The Radiant Reset Today!]

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