



Get Past Stuck: How to Take Control of Your Spiritual Journey and Experience Full Life in Christ

Mark N. Tuggle Ph. D.

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Are you STUCK in your spiritual life? Do you feel like you are doing a lot of working for God and very little walking with God? Are you asking questions about God and faith that no one seems to be answering? This insightful and practical book will help you get moving forward again in your relationship with Christ. Many of us find ourselves asking questions and experiencing frustrations that our church experience has not adequately addressed. We need to learn to take personal control of our spiritual learning and growth – and this book will show you how to do that. I wrote this book for Christ-followers who feel like they are doing everything they are supposed to do but are not experiencing the relationship with Jesus that they long for. Instead of doing the same things over and over and hoping for a different result, I encourage you to read this book and apply the approaches to spiritual growth you will find within it. Too often churches don't help us learn effectively about ourselves and about our relationship to God in a way that equips us to customize and maximize our spiritual life and learning. I draw on my years of experience as a pastor, learning facilitator, and self-directed learning researcher to provide you with the tools you need to re-energize your engagement with Jesus, the Bible, and the world around you. In this book you will learn • 4 common barriers that are keeping your spiritual life stuck • A 3-step process that shows you how to get past stuck • Practices that not only will help you grow in your relationship with Christ, but also enhance your learning in other areas of your life such as at school or on the job I have purposely kept the book short and practical, with an extensive list of resources and options to help you jumpstart your spiritual life. Jesus came to give us full life in Him. Reading and implementing the steps I lay out in my book can help you experience that.

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