

Living
UNSTUCK

by
Anita Hunt & Jeannie Bruenning

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*To those who find themselves stuck,
may the words on these pages
give you the courage and determination
to live a life of joy.*

Who We Are

Anita Hunt

Anita was born to first generation Americans. Her grandparents were Jewish immigrants from Poland and Russia. She was raised in the Jewish faith. A half century later, Anita was formally introduced to the New Testament and Jesus Christ. It was several years before she fully embraced the whole story; the greatest story ever told.

Before retiring, Anita had the privilege of working in the Real Estate/Mortgage industry. She was honored to assist families in achieving the American dream of owning their own home. In the last few years of her career, she became a trainer and coach. She shared her knowledge with the upcoming generation of mortgage professionals and realized her calling was to help people flourish.

One morning on a walk with her friend, Jeannie, she came to the realization that her passion for writing, love of God's word and desire to coach was the plan that God had for her.

Anita is married, has four children, nine grandchildren and is living her happily ever after in Southern and Central California.

Blog: www.theoccasionaljew.com

Jeannie Bruenning

After working in the corporate business world for over three decades, Jeannie started a boutique publishing company in a small beach town on the central coast of California. The company has always been family run, alongside her husband and two grown children. Being an author herself of six books, she is also passionate about the writer's journey. You can find her most days working and taking conference calls in her Jeep Wrangler, parked on the beautiful sands of Pismo Beach, California.

Jeannie married her childhood best friend; they have two children and a plethora of grandkids. A Pentecostal preacher's kid who is grateful for the love of scriptures her parents instilled, Jeannie loves bringing Biblical truths to our practical lives. A Silver Thread. Established 2009.

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Why UNSTUCK?

The brothers Gibb wrote a song called Emotions.

*You've got me feeling emotion
Deeper than I've ever dreamed of
You've got me feeling emotion
Higher than heaven above*

The song was referring to being in love, which we all know is a wonderful emotion. But, what happens when your emotions of love turn to emotions of longing or when feeling fabulous turns to fear or joy to jealousy?

Most of us experience wonderful emotions in life, unfortunately it's human nature to dwell on the not so wonderful ones from time to time. There's nothing wrong with having feelings, but should we get stuck on the negative ones, they have a tendency to overshadow the plans that God has for our life.

The Bible says in the Book of Jeremiah 29:11

“For I know the plans I have for you, says the Lord, they are plans for good and not for disaster, to give you a future and a hope.”

The Living Unstuck philosophy is based on Bible verses like Jeremiah 29:11. We believe that God has given a lifetime of promises, that if we truly believe, we can live unstuck lives.

A Personal Story from Anita

When I was young, I attempted to learn how to water ski. I put on my life jacket, pushed my feet into the ski's and learned all the hand signals I would need to communicate with my friends on the boat. In the beginning, I had trouble standing up on the skis, but with some practice, I eventually was able to pop right out of the water. Nothing to it, I thought, this is great!

I was content with my success and enjoyed myself immensely. I thought, now this is the sport of my dreams. Then, I noticed the flailing hand signals from my co-skiers instructing me to move my body outside of the boat's wake.

That didn't seem hard, so I moved my right leg outside of the wake as instructed. But, when I tried to move my left leg over to join my right one, I realized I didn't have enough strength. I couldn't muster up the momentum to get my leg over the frothy water. No matter how many times I attempted to catapult my body over to join my right leg, I failed. My arms were on fire and my legs were shaking. My teeth hurt from clenching them so tightly.

Meanwhile, my friends on the boat were laughing hysterically. They had no idea I was terrified.

Straddling the wake at top speed, I continued to attempt to bring my legs together. They only got further apart. I felt as though I was going to break in half, not to mention how ghastly I looked as a skier. I was trying so hard to reach my goal that I didn't realize my solution was an easy one; just let go of the rope.

There are many emotions that can sometimes cause us to leave the path of our dreams. Like me, you may also get stuck from time to time. Whether it's physical or emotional,

it's not always easy to get unstuck. Within these chapters, we will be discussing some of those feelings and offer various tools to help let go of the rope and practice having the life that you want for yourself. So you can live the life that God wants for you, both legs outside of the wake—UNSTUCK!

UNSTUCK TOOLS AND RULES

The Study Sections

In this study there are three chapters. Within each chapter are three studies. Each chapter is focused on different stories from the Bible. They are rich with lessons that apply to us today.

Living Unstuck can be enjoyed as a daily study over several weeks or be explored at your own pace, according to your own personal schedule.

At the conclusion of each study, there is an *Unstuck Challenge*. These challenges are designed to help us change unhealthy thought patterns and propel us forward in our desire to live Unstuck. Give yourself permission to spend the time you need to grow and move forward Unstuck.

Taking Action!

At the end of each study there is a section titled, *Taking Action*. These are activities for you to complete at your own pace to reinforce what you have learned.

We're going to get creative and use mental images in 'Can You Imagine' and 'The Why Game.' We'll bring back memories from our past in a lesson called 'Replay', and we'll talk to the kid in us in 'A letter from a Child.'

In the back of the book, under the title of Unstuck Tools and Rules, you will find more detailed instructions on these activities, as well as several blank pages to record your Aha Moments.

Looking at our Past

We refer to and explore our past for two reasons:

1. To understand why we react and respond in certain ways, and
2. To bring healing and forgiveness to past experiences.

We should never bring the past forward. We should never use it as an excuse for our "Stuck-ness."

Meeting in a Group

Unstuck is a wonderful study to do in a small group. If you are in a group setting, confidentiality is essential. What is shared in Unstuck, stays in Unstuck.

We recommend the Unstuck Facilitator Guide if meeting in a group setting.

Bigger than You and I

There are some experiences that are bigger than you or me. If at any time you are feeling overwhelmed, fearful, or anxious, we encourage you to seek professional help. Find someone who can walk alongside you and support you in your journey to becoming Unstuck.

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CHAPTER 1

FEAR OR COURAGE

Story from the Bible: David and Goliath

1 Samuel 17&18

The story of David and Goliath is a story filled with fear, doubt, and faith. David, the youngest of eight of Jesse's sons, spent most of his young life in the fields with his father's flocks of sheep. When war broke out, David's three older brothers joined the ranks.

The battle between the Philistines and Israel came down to this; Goliath, a giant of a man, against the entire army of Israel. Goliath intimidated the Israelites with shield and javelin in hand, and his savage threats caused the king to retreat out of fear.

Meanwhile, Jesse sends David to deliver provisions to his brothers and bring news of how the battle was progressing. David arrived at the battlefield and heard the battle cry and ran towards it. He witnessed firsthand Goliath's threats that had forced his king and brothers to retreat.

David was incensed, "What will be done for the man who kills this Philistine? For who is this Philistine, that he should taunt the Israelite Army?"

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David's brothers were less than thrilled by his questions, and King Saul paid no attention to this young, small boy. However, David keeps pushing forward.

David says to King Saul, "Twice I was tending my father's sheep when a lion and a bear came and took a lamb from the flock. I went after them and attacked and rescued the lamb from their mouth and when they rose against me, I struck and killed them. Yes, I did, this little servant has killed both the lion and the bear. The Lord who delivered me from the paw of the lion and from the paw of the bear will also deliver me from the hand of this Philistine, since he has taunted the armies of the living God."

David persuaded the king to allow him to take on the Giant and once again runs toward the challenge. He was equipped with a stick, a pouch containing five smooth stones, a slingshot, and his unwavering faith in his God.

King Saul also tried to equip David. He clothed David with garments and armor, but when David tried to move under the weight, he said to Saul, "I can't even walk with these and have had no time to test them," and he took the armor off.

When Goliath saw David walking toward him, he mocked him for he was but a youth. Goliath ranted to David, "Am I a dog, that you come to me with sticks? Come to me, and I will give your flesh to the birds of the sky and the beasts of the field."

David said to the Philistine, "You come to me with a sword, a spear, and a javelin, but I come to you in the name of the Lord, the God of the armies of Israel, whom you have taunted. This day the Lord will deliver you into my hands, and I will strike you down... that all the earth may know that there is a God in Israel. The Lord does not deliver by sword or by spear for the battle is the Lord's and He will give you into my hands."

When Goliath came to fight, David ran toward the battle line to meet him. David put his hand into his bag, took a stone and slung it, striking Goliath. The stone sank into the giant's forehead, and he fell to the ground.

David prevailed over the Philistine with a sling and a stone and killed him; there was no sword in David's hand.

Three times in this story we read, "he ran toward...". When everyone else, including the king, was retreating in fear, David ran forward with his faith.

David's doubt had long ago been replaced with fearless faith. God had already tested and proven Himself to this young boy when he was out in the fields and killed the lion and bear. David didn't need God to show him that He was there and would protect him. God already had done that - and David remembered.

The story of David and Goliath is one of the more familiar stories in the Bible. This story is filled with depths of discovery; fear of a King, doubts of an army, and the faith of a boy.

PART I

Fear

Definition:

FEAR is a distressing emotion aroused by impending danger, evil or pain. It doesn't even matter whether the threat is real or imagined, it can evoke a feeling of dread and alarm or a condition of being afraid or apprehensive.

However afraid we are of fear, the truth is we need it. It is an essential part of our lives for obvious reasons of basic survival. It is fear that stops us from walking into traffic, or leaning too far over a railing. Our natural fear instinct was designed to keep us safe when danger confronts us.

So you're telling me Fear is our friend?

It's not the friend one would wish to take on vacation, skydiving, or to a birthday party. Nevertheless, it is our friend. We absolutely do need fear in order to protect us from actual dangers of this world. It is here to protect us, NOT to keep us trapped.

Some of us have allowed Fear to overstep its boundaries. It is no longer acting like a guide, but rather a taskmaster. It would love nothing more than to control our life's path. If we allow it, Fear would be at every turn.

We have to make friends with Fear and like a spoiled child, we must teach it that it is not in control. Rather, Fear has a purpose and we expect it to get a grip and line up to that purpose. Fear out of control can take hold of our entire life.

It is an important emotion, but like all emotions, it needs to be controlled. If allowed the freedom to reign, reign it will! In doing so, Fear will ruin the marvelous, abundant, creative, joy-filled life that God intended.

Being fearful isn't always a bad thing. It helps avoid accidents and can keep us out of harm's way. But when being afraid or overcome with worry becomes a way of life, it inevitably will negatively affect our happiness and the happiness of those around us.

What's Your Perspective?

Can you think of a time when you were living in fear?

Are you still living with fear?

Have you ever experienced panic attacks?

If so, how long did they last?

Have you found yourself unwilling to try new things because of fear?

Has fear prevented you from using your talents and skills the way they were meant to be used?

Have you told anyone about your fears?

If so, were they supportive?

A Personal Story from Anita

I can't count how many times I've been paralyzed with fear in my life. Some of the fear came from things my parents taught me, probably for my own good. Some came from things my parents or friends were afraid of themselves. My mother, for instance, was deathly afraid of thunder and lightening, and driving on mountain roads. So, of course, some of those fears I inherited. In addition, I developed and battled with my own imaginary fears.

After my husband and I were injured in an accident, I could no longer ride in a car without fear or anxiety. If he came home even a few minutes late, I worked myself up into a dither imagining something horrific had happened to him. I even started formulating his obituary. It was so morbid, when he came home, I couldn't bring myself to tell him about it.

It's not just riding in a car that has caused me anxiety; I have a huge fear of spiders and bees. Time and time again, they have feasted on my skin. I've had welts on my body the size of Detroit.

I've been terrified to go places I've never been before. I've been petrified to rent a car in a strange city. Getting lost was catastrophic!

I was nervous to introduce myself in public or speak in front of a group. Just saying my name out loud left me light headed.

I never imagined that I'd have the guts to go snow skiing, zip lining or kayaking. Thankfully, when those occasions did arise, I sheepishly joined in even with trepidation and jitters.

I can't actually say that it was great fun at first. I eventually had a good time and great memories!

One courageous day, my husband and I signed up for a kayak tour up the Huleia River in Kauai. I was apprehensive at first so the guide gave us a tandem Kayak. Having Terry sitting in front of me gave me courage. The oddest feeling came over me. I realized that I was having a good time; so good that I forgot to be afraid. After about an hour of paddling upstream our guide led our group to the banks of the river.

“Who wants to swing from a rope over the river?” our guide asked.

The only person that answered was me. “I don't,” I exclaimed.

I watched each kayaker tie their boat to a stump and jump ashore. A few moments later, to my surprise, my husband got out of our kayak, handed me his oar and joined the rest of the crazies that were trying to kill themselves. I was the only one left in any of the boats. I watched as each person took turns, one by one climbing up the side of a tree, grabbing the dangling rope and shouting, “Geronimo” as they swung themselves over the river. Each person hung on for dear life as the rope flung high into the air. They let go and catapulted themselves into the icy water, just like Indiana Jones. I got soaked as their bodies smacked the water. I applauded as they rose to the surface gasping for breath. I was quite relieved when the last person was done and no one had died.

The chanting began. “A-nee-ta, A-nee-ta.” Terry grabbed my hand and pulled me from the boat. No, I thought, this isn't happening to me. My heart began to race and everything from that moment became a blur.

Well, I have to tell you, I've conquered these fears by living through them. I've been stung by bees, eaten alive by mosquitos, jumped into rivers and yes, flown off trees. I've

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kayaked in the ocean and went on trips on the back of motorcycles and believe it or not... I wouldn't trade any of it!

As for introducing myself in public, I became a national trainer and traveled throughout America. I've flown, rented cars and traveled alone at night. I've been the speaker, instructor and facilitator of classes with dozens of people in attendance. I've parked in lots when I wasn't even sure I was at the right building, let alone in the right city.

It took decades before I realized I didn't need to carry a burden of fear. I know now that God didn't want a fearful life for me. I made a conscious decision to pray for strength to release me of my constant fears. I put my trust in Him and felt my burden lift. From time to time, fear creeps back, but then I remember, like David, and I fear no more.

It took all the courage I could muster to begin my journey to get UNSTUCK! Believe me, If I can do it, you can, too!

A Personal Story from Jeannie

Over the course of many years, I had allowed fear to conquer bits of my life until one day I woke up and was afraid to leave home. I was overcome with the fear of something bad happening when I walked out the door. Finally, after years of trying to overcome this fear, I had enough. I decided to think back to the very first time I felt this kind of fear.

It took me awhile to remember fearful situations as a young mother, or earlier as a teen. It was only then I recalled my first panic attack.

I had a best friend at church and each Sunday we would take turns going to each other's house after church. It was my Sunday to go to her house. We had left church and were parked in the parking lot of the grocery store while her mom ran in to pick up a few things.

As we sat there, I felt the heat of fear begin to flow through my body. I started to panic. I broke into a sweat. I turned to my dear friend and said, "I can't come with you". I opened the door and ran two blocks home. As I replayed this scene in my mind, I heard myself say as I grabbed onto my dad's leg, "I'm safe."

"That's it!" I shouted. "I decided as a kid that the only safe place was AT HOME!" Tears rolled down my face as the Fear which had controlled me for so long began to lose its grip. "I'm safe anywhere! God isn't just at home, He's on the plane and in the car; He's at work and at church. He's wherever I go!!!"

In an instant, Fear lost its hold on that part of my life. That isn't to say that Fear didn't try to rear its head from time to time, but I now had a response, "I am safe where ever I go, because God is with me."

Because I had allowed this Fear to live in me for so long, I had some learned behaviors I needed to address. Each time I felt Fear try to take control, I told myself that "I am safe wherever I go because God is with me."

Retraining our minds and reactions can take some time, but they can be retrained.

UNSTUCK CHALLENGE

In order to truly free ourselves of fear, we need to understand where it started. That requires looking back to find its point of conception. Living through past experiences can be painful. Our focus cannot be on others, rather on who we are.

The challenge in this lesson is to do some soul searching. Pick a fear, any fear, and look back to when you first remember experiencing it. This is not to point blame or find fault, rather to understand ourselves and in doing so, free us.

When you find that point, you will be able to see the situation with clarity from a new perspective.

This is a tool that we call Re-Play which you'll find on page 112.

Once the root of that fear is discovered, begin filling your mind and heart with God's promises:

*You can go to bed without fear:
You will lie down and sleep soundly.
You need not be afraid of sudden disaster
Or of the destruction that comes upon the wicked;
For the Lord will be your security.
He will keep your foot from being caught in a trap.
Proverbs 3:24-26*

Taking Action!

Journaling

Finding a Starting Point

How do you eat an elephant? One bite at a time. How do you conquer fear? One fear at a time.

Start small, take little bites of the elephant called fear.

Example: I overcook my chicken 'cause I'm afraid if I don't, it will have terrible bacteria that could make my family sick.'

Safety in food preparation is important, but there is no excuse for dry chicken!

Has anyone actually become ill from my chicken?

Is this a fear passed down from my mother?

Do I really need to be fearful of undercooked chicken?

This may seem like a silly example - unless you do overcook your chicken - but you can begin to see where our fears come from. Most of the time, they are things we've learned to fear.

As you journal this week, trace the heritage of your fears.

Where and when did they start?

Why are you fearful?

Can you Imagine?

Fearless Adventurers!

(Please refer to page 109 in the Unstuck Tools and Rules.)

Today, we're going to imagine ourselves as Fearless Adventurers. We are going to combat our fears by putting on a Cape of Courage.

When you feel that fear is doing everything possible to stop you, then STOP! - literally!

Ask yourself what the Fearless Adventurer in you would do?

How should you react?

What should you say to FEAR?

Are you going to allow fear to keep you STUCK?

Try it! you have nothing to lose, but FEAR.

Keep track of the FEARS you've conquered.

Confessions

Is there someone in your life you see as a Fearless Adventurer?

What are their characteristics?

Circle the words on the opposite page that exemplify this Fearless Adventurer.

confident	nervy	anxious	interesting
hesitant	afraid	monotonous	scared
gutsy	agitated	spirited	unafraid
apprehensive	playful	nervous	thankful
serious	spiritless	smart	angry
shy	suspicious	positive	unexciting
frightened	strong	fun-loving	mad
tough	happy	dreary	tedious
bold	tense	dull	friendly
nervous	common	upset	enjoyable
curious	frightened	courageous	complainer
self-conscious	pleasant	sad	Godly
wise	sincere	close-minded	fearless
timid	sassy	daring	honest
uninteresting	panicky	negative	lost
discouraged	chicken	frantic	judgemental
awesome	sure	inspiring	assured
organized	unreliable	joyful open-	reliable
needy	disturbed	minded	drab
hot-headed	silly	controlling	adventurous
sheepish	exciting	unorganized	vengeful

Did You Know?

There are many references in the Bible to “Fear Not!” Most of them precede a visit from a celestial being. God knows our human reaction to the unknown will most likely be fear, and He assures us over and over again, do not be afraid.

“What we call the fear of God in scripture is not terror or dread but an awe that holds God in reverence.”

Martin Luther

Words of Wisdom

I've learned that fear limits you and your vision. It serves as blinders to what may be just a few steps down the road for you. The journey is valuable, but believing in your talents, your abilities, and your self-worth can empower you to walk down an even brighter path. Transforming fear into freedom - how great is that?

Soledad O'Brien

Love is the master key that opens the gates of happiness, of hatred, of jealousy, and most easily of all, the gate of fear.

Oliver Wendell Holmes, Sr.

Promises

As a boy, David showed great fearlessness. His secret can be found in Psalm 56:3-4;

When I am afraid,
I will trust in you.
I praise God for what he has promised,
I trust in God, so why should I be afraid.
What can mere mortals do to me?

David admits in this Psalm that he wasn't totally void of fear. When he felt fearful, he relied on his past experiences with the lion and bear and placed his trust in God.

There is no fear in love; but perfect love casts out fear,
because fear involves punishment, and the one who fears is not perfected in love.

1 John 4:18

There is only one perfect love, and it is found in the source of all love. That source is God. When we fill our lives with His love, fear can no longer control us.

*Refer to the last section of the book entitled Aha Moments.
We encourage you to record your personal lessons learned.*

Prayer

Loving Father,

*Give us the courage to address our fears and the wisdom to control them.
Fill us with your love and help us to begin to see the adventurous and fearless beings
you created us to be.*

Amen

The UNSTUCK BLESSING

May your heart be filled with Thanksgiving

May your mind be driven by Courage

May your willingness to move forward

Bring you into a life filled with joy!