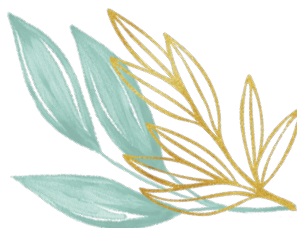




HOME WITH GOD SERIES

*Get Unstuck,
Relive Your
Dreams*





Many of us can feel “stuck” in our lives, feeling like we’ve drifted further and further from the dreams God once placed in our hearts. Some of us might feel confused as to whether we should stay in a current season to develop grit, or conclude it might be time to quit. How do we get past our conflicting emotions of wanting a different life, yet feeling trapped by our current circumstances?

In this self-guided retreat, I invite you to meet with God and realign your core values with reality, to re-discover the beauty of reliving your dreams in the present.

A handwritten signature in black ink that reads "Wajia". The signature is written in a cursive, flowing style with a long horizontal stroke underneath.

INTRODUCTION

Home is a precious place for us to be who we are. Without the eyes of a prying world, we can be free to be who we were created to be. Yet, our everyday lives and its expectations take us far away from our heart's desire.

If you're experiencing guilt, shame, discontent or a lack of motivation in your life, perhaps it's time to "go home" and invite Jesus into the home of your heart.

Imagine this—if Jesus knocked on your door, what would you do? Would you shut Him out or invite Him in? What is the state of your home? Where would He sit? What would you talk about? What would you invite Him to do?

INVITE HIM IN

This time with God is created to be an intimate journey for you and the Holy Spirit. In our harried, frenzied world, quietness is a gift. Unwrap that gift for yourself as you carve out time with God for this life-changing exercise.

If you're a busy new mom/dad, know that you're not excluded. While some people might bring this on a 5-day retreat, you can eke an hour or two with the Lord, too.

Stay present as you go through this guide. Unplug from distractions. Play some soaking music. Take a break when you need to. Stay close to nature. Tend to any emotions or thoughts you might have, embracing them without shame or judgment. Invite them into your quietude with Jesus.

LET'S PRAY

Dear God, I invite you into this special time with you, where my heart can be at ease with who I am, and who You are. Would you come into my heart and abide in me, make my heart Your dwelling place? I invite You, Holy Spirit, to be present with me. Reveal to me fresh revelations and change my life today.

1. What makes you come alive?

Pray and ask God to bring to remembrance times when you felt significant, purposeful and delighted. Close your eyes and let Him show you moments in your life when your heart sparked joy.

Feel free to write them down.

2. What are the gifts God has given you?

As you close your eyes and invite God into the home in your heart, imagine Him lavishing praise and affirmation on you. What does He say? How is He looking at you? Write them down. Enjoy receiving His commendation.

3. What do you value? Which of these are important to you?

Achievement
Adventure
Challenge
Clarity
Courage
Conviction
Honesty
Public recognition
Purpose
Trust
Sacrifice

Compassion
Connection
Commitment
Community
Generosity
Relationships
Harmony
Flexibility
Growth
Resilience
Diversity

Work-life balance
Family
Comfort
Play
Fun
Creativity
Beauty
Vulnerability
Authenticity
Simplicity
Change

4. What feelings have you been struggling with in this season of your life? Circle them. List down other emotions as the Lord brings the feelings and words to you.

Guilt
Shame
Anger
Disappointment

Stress
Fatigue
Feeling overwhelmed
Worry

Anxiety
Depression
Irritation
Confusion

5. Your emotions are telling you something. As you feel the full weight of them bearing down on you, don't be afraid to let the tears flow. Ask yourself: which of the values in my life are being violated? List them down.

6. What losses have you suffered because of these "value-violations?" What has been the cost to you? How you do feel? These losses may not necessarily be financial ones, but also emotional, mental, spiritual costs.

The word “**integrity**” has two definitions. It is:

1. the quality of being honest and having strong moral principles and
2. the state of being whole and undivided

While we have no qualms about God wanting us to live honestly, do you believe that God desires for you to lead a life of undivided wholeness, too? I believe part of this wholeness comes from living a life that is in alignment with our core values.

Any dissonance between our innermost core values and how we live our lives leads to a loss of purpose or motivation and often, shame.

Today can be a turning point for you. It can be a milestone in your journey to making significant change.

Would you pray: *Dear God, reveal to me areas in my life which are out of line with my core values. Would you show me what I need to do to bring wholeness and alignment in my life again, to lead a life of integrity?*

7. What is telling you “I can’t?” It could be fear of insecurity, fear of change, or fear of backlash. Ask yourself: What is the expense of me staying in status quo? This might be difficult to process. Give yourself as much time as you need to.

If you acknowledge that change is not worth the losses you will experience, then you’ve arrived as well—the life you’re currently living is a choice you’ve made with intention. You have recognized that although you’re struggling with some aspects, the losses you experience are worthwhile because of a higher value you’re prioritizing this season. You can acknowledge that you do have a choice and you’re not living “out of no choice.” May you experience a liberation through this, and practice GRIT.

But if you acknowledge that you desire change in your life, ask God to show you what your next step needs to be—whether it’s to scale back on work to a part-time job to spend more time with your children, to pivot your career, start a business or apply for a course, move homes etc. If you need courage to QUIT, ask the Lord boldly for grace.

Write down 3 steps you will take today to move yourself through getting unstuck, to fulfill God's dreams for your life. I pray this helps you live a life of greater authenticity and deeper integrity to yourself.

1. _____

2. _____

3. _____

CLOSING PRAYER

Dear God, I long to get unstuck and gain clarity on your purposes for my life. Would you allow me to, like a kite, anchor myself on Your Cross and allow your Holy Spirit to buoy myself up in the direction You want me to go? I trust in You. Amen.

*If you experienced deep revelation through this retreat, Wai Jia would love to hear your testimonial at hello@kitedreams.org. For more inspirational resources, check out www.kitedreams.org, purchase a copy of Wai Jia's book *DREAM BRAVE* on Amazon, or follow Wai Jia on Instagram at [@tamwajia](https://www.instagram.com/tamwajia). These resources are made freely available only because of the generous contributions of people like yourself. If you'd like to support this ministry to allow us to inspire more people to dream bravely in God, please visit: www.kitedreams.org/donate.

