

Feeling Stuck? How to Find Traction With God Again

([Intro Video](#)) Every driver knows the feeling. Wheels spinning, engine racing, and the car isn't moving anywhere except deeper into the mud. That's what it feels like to be stuck in your work — effort without progress. And it's exactly what it feels like to be stuck in the Spirit — reaching for Father and not hearing anything but the dial tone. Both are the same problem wearing different clothes: no traction. “Stuck” is a state of mind that *believes* other people or circumstances are preventing us from co-laboring with Father — it's just not true. Stuck is the cousin of Victim Mentality. The reality is that *Father is always working and we can always choose to work with Him*. Nothing stops us!

Jn 5:17 — *My Father is always at his work to this very day, and I too am working.*

The Council's answer to both isn't push harder. It's a different question entirely.

Build the Ark Before It Starts to Rain

Traction doesn't usually come from waiting for your windfall, getting your breakthrough, or the demise resistant people. It comes from multiplying what's already in your hand.

- Moses was asked what was already in his hand, and that rod parted the sea (Ex 4:2).
- Samson had a jawbone — a weapon that defeated 1000 Philistines (Jud 15:15)
- David didn't wait for armor — his sling was already there to slay Goliath (1 Sam 17:40).
- A boy had 5 loaves and 2 fishes that fed five thousand (Jn 6:9).

None of them were given something new. They were shown how to multiply what they already had.

That's the first move out of the mud: stop scanning the horizon for a resource, a rescue, or a breakthrough you don't have yet and start asking what's already in your hand — an idea, a relationship, a skill, an income stream — that Father wants to multiply today.

And here's what that posture protects you from: you are never a victim, and you are never at the whim of other people, waiting on someone else to move first. Father is your provider and your power. Waiting on circumstances to change is a different thing entirely from waiting on Father.

The Missing Ingredient Isn't More Effort

Here's the harder truth underneath the mud: sometimes what's missing isn't your effort at all. It's Father's contribution. Human ideas, human resources, and human initiative — on their own — are never enough to produce real traction. That's not a discouraging word; it's actually the relief. You were never supposed to generate traction by yourself.

This is where it's worth being honest about a theology that can quietly justify stagnation — one that extols the introversion of waiting, patience, and character development as ends in themselves, as if being stuck were the point. Patience is real. But there's a difference between patience that's actively co-laboring while it waits, and patience that's become a permanent excuse for not moving. Sons are learning to co-labor and release Father's heart — not to wait Him out.

And when warfare shows up — because it will — remember it isn't an excuse either. You have authority over anything the enemy can throw at you. Mud isn't a life sentence. It's a moment that's asking for a different move, a mid-course correction.

Lu 10:17 — *Now the seventy-two returned with joy, saying,*

Lord, even the demons are subject to us in Your name!

18) *And He said to them, I watched Satan fall from heaven like lightning.*

19) *Behold, I have given you authority to walk on snakes and scorpions, and authority over all the power of the enemy, and nothing will injure you.*

Two Different Questions

There's a simple filter for telling whether you're stuck in human effort or moving with Father: the questions you're asking. Men ask, *what can I do? What do I want? Why can't I make progress?* Sons ask something different: *What is Father doing? How can I engage? How can I release His power?*

If there's no traction, two things are worth checking.

Warfare (Demolishing Enemy Power) — are there accusations sitting underneath the stuck place? Take them to the Courts, deal with the actual root, and let decrees replace the accusation rather than just managing around it.

Building (Releasing Father's Power) — are there strategies you haven't heard yet? Traction comes out of Council conversations — hearing Father's heart, hearing the specific strategy for what He's already doing, and getting the decrees that releases His power to do it.

Write What You Hear

It helps to get those nine conversations in writing. Revelation is like a flash of light; bringing it to earth is like capturing lightning in a bottle. If you're too busy to write it down, you will feel the sense of loss when you can't retrieve it later. There's a reason writing matters, beyond just keeping a record.

- 1) Writing down what you hear from Father engages a different, more creative dynamic than simply thinking about it — it moves a fleeting impression into something concrete enough to actually discern; giving it a test drive before you buy.
- 2) Writing is often how you discern whether an idea or thought is truly alive, or just noise that felt urgent for a moment; the pen either confirms it, or the thought doesn't survive contact with the page.
- 3) And once something's written, implementation stops being a leap and becomes a natural next step — you're no longer trying to remember a feeling, you're executing a decision you've already made. Not as a task list, but so you can implement the direction daily and make honest mid-course corrections — landing on your feet instead of face down in a victim mentality when the plan needs to adjust.

Traction Is Daily, Not Someday

This is probably the most practical: don't worry about tomorrow, because tomorrow has enough of its own worries (Mt 6:34). Traction isn't a future condition you're working toward. It's doing what Father is doing today. Give us this day our daily bread (Lk 11:3) — not a year's supply, not a five-year plan executed perfectly, just today's assignment, done with Him.

That's what spiritual agility actually looks like: seeing your heritage that's coming (Rev 4:1) and then **doing what Father is doing today to get there** — trading your own plan for what's actually alive, every day, rather than defending yesterday's plan out of habit.

The Culture Worth Building

Mud isn't defeated by effort. It's left behind by movement — and movement is what spiritual entrepreneurs create when they stop asking what they can do and start asking what Father is already doing. His mercies and His manna are new every day. So is your traction. You don't need yesterday's breakthrough repeated. You need today's daily bread, done with Him.

This blog was inspired by a Council session you will enjoy – [2026-08-12 Council – Getting Traction](#)

Summary: Stuck in the Mud vs. Finding Traction

	<i>Stuck in the Mud</i>	<i>Finding Traction</i>
Posture	Waiting for a new resource, rescue, or breakthrough	Multiplying what's already in your hand
Question Asked	What can I do? What do I want? Why can't I make progress?	What is Father doing? How can I engage and release His power?
Self-Understanding	A victim, at the whim of circumstances or other people	Never a victim — Father is provider and power
View of Warfare	Treated as an excuse for staying stuck	Authority over anything the enemy can throw at you
Theology of Waiting	Patience, character development as an excuse for stagnation	Co-laboring with Father while waiting, releasing His heart
Handling Accusations	Managed around or ignored	Taken to the Courts — a decree replaces the root
Source of Strategy	Self-generated plans and human effort	Council conversations — heard, discerned, and written down
Implementation	A vague impression that fades and is forgotten	Written down, tested, executed as a decision already made
Time Horizon	Worry about tomorrow; a five-year plan defended out of habit	Daily bread — today's assignment, done with Father
Fruit	Stuck in the mud; wheels spinning, no movement	Traction — movement and spiritual agility

Take the Next Step:

[Progression to Sonship](#) – Your Kingdom purpose and redemptive stories form the basis for your personal identity, purpose, value creation, and your business offer. Becoming your authentic self is the Father's non-religious key to flow and fruit in business and life. We offer practical and prophetic coaching to help you get there, flowing with your Father (co-laboring) instead of fighting circumstances and resistance alone. [Is this You?](#)

Read [the book](#) and Zoom with John for an overview of our process in [Kingdom Business Coaching](#).

Explainer Video – <https://youtu.be/k-jmiKK7gT0>

