

Clubhouse Notes

My 3 Step Process To Get Unstuck in Business #JesusGirl Edition
Friday, December 18, 2020

I'm going to share with you a process the Lord showed me to get unstuck and what better example than the man that was stuck in a condition for 38 years?

John 5:1-3, 5-9 NIV

"Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed.

One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me." Then Jesus said to him, "Get up! Pick up your mat and walk." At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath,"

The process to get unstuck

Let me show you the 3 steps + 1 invisible step in this text

Step 1: Set the intention for what you want

v. 6 — he asked him, "Do you want to get well?"
(must do this in order to receive the data for Step 2; When you think on your desires, goals, promises of God automatic thoughts *will* come up)

Step 2: Become aware of the thoughts keeping you stuck

v. 7 — "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."
(ANTs: automatic negative thoughts; nothing has gone wrong here; this awareness is a gift of God. He already knew your thoughts. Now you know what you've been choosing (to think). This step presents you with the opportunity to reinforce the ANT or choose a new thought - choose the one Jesus is about to give you)

Step 3: Do the thing you would be doing once you had your desire - by faith align actions with intention

v. 8 — Then Jesus said to him, "Get up! Pick up your mat and walk."

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The invisible step is between verses 7 & 8: What was Jesus's response to the story the man was telling himself. **Nothing.** How you respond to the story (meaning) of your past during this process is *everything*. Will you continue to reinforce it or make a new choice? You always have a choice.

Let's look at each step deeper. Let's look at **Intention** first.

I love that Jesus asked him this question. It seems obvious - 38 years, do you want to get well? But it was very strategic. What that question brought up is the most beautiful thing. It brought up what was keeping the man in his condition for 38 years. **It brought up the thoughts that were keeping him stuck.**

When you think about your goal, desire, or promise of God - the thoughts you're having are your *default* thoughts, they are your current thinking, they are what's *keeping you from* having what you desire.

This is why it's important to set an intention, set a clear goal **so this can come up**. When your automatic **negative thoughts** (ants) come up nothing has gone wrong.

The way I look at it is a gift of God. God was already aware of your thoughts, now when you become aware of them that's a gift from Him. It's a gift from Him because you now see what you've been choosing.

And with this awareness, you've been given a *choice*. When stuck we feel we have no other choice than what we're experiencing or receiving.

But you always have a choice.

And when your negative thoughts come up you have a choice **in** that moment. Dr. Caroline Leaf says you have one of 2 choices - reinforce the thought or change. So when it comes up and you're aware of it **that's the grace of God** giving you the opportunity to now make a new choice.

Did the man by the pool have a new choice? He sure did. **Jesus.** The words of Jesus. You always have that choice. **Always.**

Last step, act on those words - pick up your mat - do the thing you would be doing once you had your desire.

VISION COACH KIM'S

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What's Next?

Thank you for dropping in my Clubhouse Room and for downloading my notes for further study. If you'd like to go deeper in this work I have a free teaching on how your thoughts are creating the results you're getting in your business.

[Click here to access the teaching.](#)

Blessings!
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