

Why Am I Not Growing Spiritually?

*Don't Stay Stuck.
Grow Closer to God.*

7 Things That Can Keep a Christian Stuck

Find what may be holding you back and discover a clear path forward.

*"Search me, O God,
and know my heart;
Try me, and know
my anxieties."*

Psalms 139:23 (NKJV)



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Real Answers. A Deeper Walk. A Brighter Tomorrow.

Why Am I Not Growing Spiritually? 7 Things That Can Keep a Christian Stuck

Have you ever asked:

“Why am I not growing spiritually?”

You believe in Jesus.

You may attend church.

You may read your Bible.

You may pray.

But something feels stuck.

You do not feel as close to God as you once did. Your prayer life may feel weak. The Bible may feel dry. You may wonder why you are not changing.

Do not give up.

Feeling stuck can become an invitation to look honestly at your walk with God.

“Search me, O God, and know my heart; Try me, and know my anxieties.” — Psalm 139:23
NKJV

Ask God to show you what may be keeping you from moving forward.

Here are seven areas to examine.

1. You Are Too Busy for God

Life gets busy.

Work.

Family.

Appointments.

Phones.

Social media.

Television.

Church activities.

Even good things can fill every minute of the day.

Soon, God receives whatever time is left.

Sometimes there is nothing left.

Jesus told Martha:

“You are worried and troubled about many things. But one thing is needed.” — Luke 10:41–42 NKJV

Busyness can make us feel productive while our souls are becoming empty.

You do not have to begin with an hour.

Begin with ten quiet minutes.

Put down your phone.

Open your Bible.

Read slowly.

Talk with God.

One quiet moment with Jesus can change the direction of your whole day.

Your Next Step

Give God the first ten minutes of tomorrow.

2. You Read the Bible but Do Not Apply It

It is possible to read the Bible every day and still not grow very much.

Why?

Because reading is only the beginning.

God wants His Word to change how we live.

“But be doers of the word, and not hearers only.” — James 1:22 NKJV

Suppose you read about forgiveness.

Do you forgive?

You read about prayer.

Do you pray?

You read about loving your neighbor.

Do you show love?

You read about generosity.

Do you give?

You read about making disciples.

Are you helping anyone follow Jesus?

Do not read God's Word only to say you finished your Bible reading.

Read it looking for something to live.

Your Next Step

After reading Scripture, ask:

“What does God want me to obey today?”

Then do it.

3. Prayer Has Become an Emergency Button

Sometimes we pray only when something goes wrong.

A problem comes.

We pray.

Someone gets sick.

We pray.

Money gets tight.

We pray.

We face a crisis.

We pray.

God wants us to call on Him during trouble. But prayer was meant to be more than an emergency button.

Prayer is part of our relationship with God.

Jesus often prayed.

“He Himself often withdrew into the wilderness and prayed.” — Luke 5:16 NKJV

Talk with God when life is good.

Talk with Him when life is hard.

Praise Him.

Thank Him.

Confess your sins.

Ask for wisdom.

Pray for others.

Tell Him what is on your heart.

Then trust Him.

Your Next Step

Before asking God for anything today, thank Him for three things.

4. You Are Holding On to Something God Wants You to Release

Sometimes we know exactly where the problem is.

God has spoken through His Word, but we keep saying no.

Maybe it is bitterness.

Pride.

A sinful habit.

Dishonesty.

An unhealthy relationship.

A refusal to forgive.

Something we know does not honor God.

David prayed:

“Create in me a clean heart, O God, And renew a steadfast spirit within me.” — Psalm 51:10
NKJV

We cannot ask Jesus to lead our lives while refusing to follow where He leads.

Ask God to search your heart.

Do not hide from what He shows you.

Bring it to Him.

Confess it.

Turn from it.

Ask for His strength.

Your Next Step

Pray:

“Lord, show me anything I am holding on to that is keeping me from You.”

Then be willing to obey.

5. You Are Trying to Follow Jesus Alone

God did not design the Christian life to be lived alone.

We need other believers.

We need people who will pray with us.

Encourage us.

Correct us.

Listen to us.

Walk beside us.

Help us get back up.

“And let us consider one another in order to stir up love and good works.” — Hebrews 10:24
NKJV

Church attendance is important, but sitting in a room with other Christians is not the same as sharing life with them.

Find one or two believers who want to grow.

Open the Bible together.

Talk honestly.

Pray together.

Help each other obey Jesus.

Your Next Step

Ask one Christian this week:

“Would you like to read the Bible and pray together?”

You do not need a crowd.

Start with two or three.

6. Hurt or Disappointment Has Made You Pull Away

Sometimes Christians become spiritually stuck because they are hurting.

Someone disappointed you.

A church hurt you.

A prayer seemed unanswered.

Life did not go the way you expected.

You asked God why.

Then slowly, you began pulling away.

God is not afraid of your questions.

Bring your hurt to Him.

The Bible says:

“The LORD is near to those who have a broken heart.” — Psalm 34:18 NKJV

Do not let pain make you run from the One who can meet you in your pain.

Tell God the truth.

Tell Him you are hurt.

Tell Him you do not understand.

Tell Him you need help.

Then keep walking with Him.

Healing may take time.

But you do not have to walk through it alone.

Your Next Step

Tell God exactly where you hurt.

Then ask a trusted Christian to pray with you.

7. You Have Stopped Helping Others Grow

There comes a time when spiritual growth must move beyond us.

God teaches us so we can help others.

He comforts us so we can comfort others.

He strengthens us so we can strengthen others.

He gives us truth so we can share truth.

Jesus said:

“Follow Me, and I will make you fishers of men.” — Matthew 4:19 NKJV

Following Jesus eventually turns our eyes outward.

Who around you needs encouragement?

Who needs prayer?

Who needs someone to open the Bible with them?

Who needs help following Jesus?

You do not need to wait until you know everything.

Share what God is teaching you.

Walk with someone.

Pray together.

Read Scripture together.

Help that person obey Jesus.

Then teach that person to help someone else.

Your Next Step

Write down the name of one person you could help grow closer to Jesus.

Pray for that person today.

You May Be Closer to Growth Than You Think

If you see yourself in one of these seven areas, do not become discouraged.

Recognizing where you are stuck can be the beginning of moving forward.

You do not have to repair your entire spiritual life today.

Take one step.

Maybe your next step is opening your Bible tomorrow morning.

Maybe it is returning to prayer.

Maybe it is confessing sin.

Maybe it is forgiving someone.

Maybe it is returning to Christian fellowship.

Maybe it is trusting God with an old wound.

Maybe it is asking someone to begin walking with Jesus beside you.

Take the step God puts before you.

“Draw near to God and He will draw near to you.” — James 4:8 NKJV

A Simple 7-Day Spiritual Reset

If you feel spiritually stuck, try this for the next seven days.

Day 1 — Be Quiet

Spend ten minutes alone with God. Turn off distractions.

Day 2 — Open God's Word

Read one chapter of the Bible slowly. Ask what God wants you to learn.

Day 3 — Pray Honestly

Tell God where you are struggling. Do not try to impress Him.

Day 4 — Obey One Thing

Take one truth you have read and put it into action.

Day 5 — Encourage Someone

Call, text, or visit someone who needs encouragement.

Day 6 — Meet With Another Believer

Pray together. Talk about what God is teaching you.

Day 7 — Ask Who You Can Help

Pray for one person you could begin helping follow Jesus.

Then keep going.

Do not stop after seven days.

Build a life around God's Word, prayer, obedience, fellowship, and disciple making.

You Are Not Meant to Stay Stuck

Jesus did not call you to stand still.

He called you to follow Him.

Following means moving.

Sometimes the step is small.

Take it anyway.

Open the Bible.

Pray.

Obey.

Walk with other believers.

Help someone else follow Jesus.

Then get up tomorrow and take another step.

You do not have to change everything today.

Take your next faithful step toward Jesus.

Follow Jesus. Grow together. Make disciples. Multiply.

Why Am I Not Growing Spiritually?

Growth Often Starts With Honesty

When you feel stuck, do not hide it. Bring it to God. Ask Him to show you what is happening in your heart. Maybe you are tired. Maybe you have become distracted. Maybe there is something you know you need to obey. Honest prayer gives God room to show you your next step.

Do Not Try to Fix Everything at Once

You may see several areas that need to change. That can feel overwhelming. Start with one. If prayer has become weak, begin praying again. If you have stopped reading Scripture, open your Bible. If you need to forgive someone, ask God for strength to begin. One faithful step is better than making a long list and doing nothing.

Growth Needs Both Roots and Fruit

A healthy tree grows deep roots before we see much fruit. Your time with Jesus, prayer, Scripture, obedience, and fellowship are like roots. Keep building them even when you do not see fast results.

Over time, the fruit begins to show. You may become more patient. You may forgive faster. You may pray before you worry. You may notice people who need help. These changes are signs that God is working in you.

Let Someone Walk With You

You do not have to figure everything out alone. Find a trusted Christian who loves Jesus and will tell you the truth. Share where you feel stuck. Ask that person to pray with you and check on you.

Hebrews 10:24 says, "And let us consider one another in order to stir up love and good works" (NKJV).

Sometimes God uses another believer to help us see the next step.

Keep Moving Toward Jesus

Spiritual growth is not a race against other Christians. Do not compare your life with someone else's. Look at Jesus.

Ask yourself, "Am I closer to Jesus than I was? Am I learning to trust Him, obey Him, and love people more?"

If the answer feels small, keep going.

Open your Bible. Pray honestly. Obey what God shows you. Stay close to other believers. Help someone else follow Jesus.

You do not need to change everything today.

Take the next faithful step.

Then tomorrow, take another.