

Getting Out Of The Funk

Experiencing a season of life where you don't know what to do, lack motivation, feel melancholy or listless is what we call being in a funk. This season of life can be for a week or two or even months and can affect all areas of life: emotionally, spiritually, relationally, in your thinking, in your work, in your family, etc.

Read: John 21:2-3

After the resurrection, the disciple Peter seems to be in a funk. He decides to go back to his old life of fishing, which can seem like a good option when experiencing a funk. The fact that he did not catch anything also applies to us - going back to our old habits will not give us what we are looking for.

Reflect: What are some of the things you turn to when in a "funky" season of life?

Read: John 21:4-17

Jesus has the perfect remedy for seasons of funk. Here are six observations about God that will help you get rid of your funk:

- God will always call you friend.
 - Many times our funk is self-induced and we feel like failures. But God wants to be close to us during those times.
- God often works differently than you expect (Vs. 7).
 - Sometimes this is because He wants to mature us, He has a better plan, or simply because He is a God of variety.
- God exchanges failures for fellowship - down to the smallest detail (Vs. 8).
 - John 18 is the site of Peter's epic failure while he warmed himself by a fire, and it is by a fire where Jesus displays His epic grace to Peter.
- God prepares beforehand for all your needs (Vs. 9).
 - God is Jehovah Jira, who sees in advance and is making provision. He knew the disciples would need fire and food, and He knows your specific needs.
- God believes in you (Vs. 10)
 - God did not take credit for the fish they supernaturally caught, He gave the disciples all the credit. God wants to partner with us, He believes in us. You have no idea how much He loves you.
- God restores you.
 - It doesn't matter what epic fails you have, you are saved by grace. True restoration is found in His love for us. We are not made right with God by what we do for Him, but by what He has already done for us.

Reflect: Is there a certain remedy that you need to be reminded of when in a season of funk?

Summary

God does not want us to live in a season of funk where we cannot function as the body of Christ. He has given us remedies to get out of the funk and into a restored relationship with Him.

Prayer: Make time to pray for one another before you dismiss your group.