

# Start Here 1: Stuck Again? How to See and Move Toward Your Future

Chris Fluitt

January 4, 2026

**Key Scriptures:** Luke 5:1–11; Matthew 7:24, 26;  
Matthew 4:19

**Big Idea:** A new year doesn't change your life. Direction does. When a goal has a plan, it becomes vision, and vision gives every area of life a foundation that can actually last.

## Start Here BUMPER

\*If you need a handout please raise your hand..\*

I want you to know where this series is headed.

## Start Here: Tired of Resolutions? Build a Life that Lasts.

This series is called **Start Here** because most people want change, but they don't know where to begin or how to keep going.

These messages build on each other, and I really want you to be here for the whole series.

The next weeks:

**January 11 - Burned Out on Resolutions?**

Small steps are how lasting change actually happens.

**January 18 - Why You Won't Fail This Year:**

**The Habit Fix**

The right habits remove the pressure to rely on motivation.

**January 25 - Find Your Next Step: Discover**

**Your Direction**

Clarity about where you're headed makes the next step obvious.

**Start Here Journal & Facebook Group**

To help you walk this out, we've created a **Start Here Journal** and a **Facebook group** to

help you stay focused and accountable this year.

---

Today, I'm calling this message:

## **Stuck Again?: How to See and Move Toward Your Future**

Every January starts with hope.

New year.

New goals.

New energy.

And for a lot of us, it also starts with a quiet thought we don't say out loud.

Here we go again.

New calendar. Same patterns.

New intentions. Same struggles.

If that's you, hear this clearly.

You are not lazy.

You are not broken.

You are not behind.

But you might be stuck.

And the question isn't, "How do I fix everything?"

The better question is, "Where do I actually start?"

---

January exposes something about all of us.

We want change, but we struggle to sustain it.

## Stuck Again Statistics

- Most New Year's resolutions fall into a few categories:

- 79% - health

- 61% - finances

- **57% - relationships/emotions**

- **29% - relationship with God**

(<https://www.pewresearch.org/short-reads/2024/01/29/new-years-resolutions-who-makes-them-and-why/>)

(<https://news.lifeway.com/2021/12/28/new-years-resolutions-focus-on-health-god-and-money/>)

- **88% will abandon their New Year's resolutions within the first two weeks.**

(<https://www.bcm.edu/news/new-years-resolutions-why-do-we-give-up-on-them-so-quickly>)

- **“Quitter’s Day” is the second Friday in January.**

- **In 2026, that’s January 9.**

(<https://www.thereisadayforthat.com/holidays/various/quitters-day>  
<https://reclaim.ai/blog/quitters-day>)

**Resolutions** are not bad.

But most resolutions sound like this:

Try harder. Push more. Do better.

Trying harder doesn't give you direction.

**A resolution without a plan is just a wish.**

You don't just need effort.

You need direction.

And you need a way to take steps toward that direction.

That's the difference between resolutions and vision.

---

Here is what Jesus says about how to build your life.

“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

Matthew 7:24 NIV

“But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.”

Matthew 7:26 NIV

Jesus describes two people.

They heard the same words.

They had the same information.

You could even say it this way:

They both had the same New Year's resolution.

But only one of them acted on it.

The difference wasn't desire.

The difference wasn't knowledge.

The difference was whether the words shaped how they lived.

Wisdom, according to Jesus, is not just hearing His words.

Wisdom is putting His words into practice.

And we see this play out in real life with Peter.

In Luke 5, Peter has been fishing all night. Same lake. Same nets. Same effort.

Nothing to show for it.

Empty nets.

Jesus tells him to go back out and let down the nets again.

Peter obeys, and there's a miraculous catch.

**Jesus blesses what Peter was already doing.**

Jesus wants to bless what you are already trying to do in life. (unless it is sin)

- Your work
- Your health
- Your relationships
- Your podcast, youtube channel, even a huge project like a movie

But He doesn't stop there.

Jesus doesn't just bless effort.

He gives direction.

He may bless what you're doing now, and still invite you into something new.

He says this to Peter:

“From now on you will fish for people.”

Luke 5:10 NIV

Jesus doesn't just bless Peter's effort.

He gives Peter a **new direction**.

Peter's life doesn't change because he caught more fish.

It changes because Jesus spoke a new future over him.

You want more money, promotion, better health, a house, smoother family vibes...

You are working HARD for this... but Jesus has even better.

This is how Jesus leads.

He doesn't just say, “Try harder.”

He says, “Follow me.” “Trust me.” (Matthew 4:19)

Jesus does not come with a binder filled with rules and regulations.

Jesus comes with an invitation and direction.

---

## **How YOU can Start Here**

This is where vision becomes practical.

Not everything.

Not all at once.

Just a place to begin.

### **1. Clarify your direction**

Before habits, before plans, ask this:

What do I want God to build in me this year?

Your faith.

Your family.

Your health.

Your finances.

Your relationships.

Not all of them.

One or two that matter most.

Direction comes before discipline.

---

## **2. Connect simple, repeatable actions to that direction**

A goal without a plan is a wish.

A goal with a plan becomes vision.

This doesn't mean complex.

It doesn't mean heavy.

It doesn't mean all-encompassing.

It means simple, repeatable actions you can actually live with.

Small steps aimed in the right direction.

---

## **3. Shift from “try harder” to “trust Jesus”**

Resolutions say, try harder.

Jesus says, trust me.

This has been my prayer this week:

Jesus, I'm going to give You my effort.

I'll show up.

I'll take the steps I can take.

But I'm going to trust You with the outcome.

I can control my effort.

I **can't** control the results.

But I can trust the One who leads me.

musicians

---

## Who We Are Becoming This Year

Now zoom out for a moment.

This isn't just about what you do.

This is about who we are becoming together.

We are choosing depth over hype.

Direction over drift.

Practice over intention.

This year, we are becoming a people who:

- Follow Jesus daily, not occasionally
- Build our lives intentionally, not accidentally
- Trust Jesus with our effort and with the outcome

We're not trying to do everything.

We're trying to do the right things,  
faithfully.

And we're doing it together.

---

## How We're Starting This Year Together

Here's how we're responding as a church family.

**#1: Decide your direction.**

- Grab a Start Here Journal.

Scan the QR code or pick up a printed copy.

## #2: Take small, repeatable steps.

- Join the Facebook group.

Find encouragement and accountability.

## #3: Make a commitment.

- Sign up for a Connect Group.

Start a Bible reading plan.

## #4: Trust Jesus with the outcome.

Pray, Worship and place this year in His hands.

You don't have to have it all figured out.

You just have to start here.