

# Stability vs. Rigidity - Lesson

**Lesson Summary:** Evaluate your life to identify areas of rigidity that are not flexible for they will not stand the test of time and seek God to build stability in your life.

**JEREMIAH 17:7-8 (NIV)**

<sup>7</sup>But blessed is the man who trusts in the LORD,  
whose confidence is in him.

<sup>8</sup>He will be like a tree planted by the water  
that sends out its roots by the stream.  
It does not fear when heat comes;  
its leaves are always green.  
It has no worries in a year of drought  
and never fails to bear fruit.

- The main characteristic illustrated here is one of stability, bearing fruit in every situation.
- Stability is one of the goals of our faith. That is one of the characteristics of maturity.
- Rigidity means you are stiff and break easily. If your structure or routine gets off, you break.
- You start with **structure** here in the program, then you go to **rigidity** and then on to **stability**.

## The Difference between Stability and Rigidity

- Rigidity leads to a fall.
- Stability is the goal of our faith.
- Rigidity is self-driven and breaks when unexpected problems and situations come.
- Stability is based on relationship and sways some in unexpected trouble, but stands firm.
- In both, something is immovable. For rigidity, it is the outward rules, for stability it is the inward truths and principles.
- Rigidity has a view of God that is of a legalistic God just interested in you doing a list of things or not doing a list of things.
- Stability sees God as wanting a deep relationship, understanding more of who God is.
- Stability has to do with having inward weight, not being swayed by emotions or circumstances as much.
- God is a rock inside the man of God who has learned to trust and depend upon Him for life itself.

## How to recognize if you are Rigid

- When your routine gets thrown off, do your desires get out of control? Do things fall apart? Do you get frustrated easily?
- Do the holidays cause you to struggle in your spiritual life?
- When you experience negative emotions, do you let them affect your walk with God?
- How long does it take you to regroup when things are thrown off for you?
- If someone you look up to spiritually disappoints you, do you get thrown off in your spiritual life?
- When people disappoint you, do you become bitter and judgmental?
  - When you get close to your pastor, I promise you will find something that isn't perfect.
- If God disappoints you by not doing something you thought He should do, does it throw you?
- How bad do things get before I become aware there is a problem I need to deal with in me?

When all the holes in our wall are filled, and we become completely stable, we will not be running after anything except what we truly want to be running after. Nothing will distract or throw us off our rhythm.

What are some examples of being rigid, but not stable?