

UNSTUCK
Step into the New

A 40-Day Prayer Journal

AMY ROBNIK JOOB

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In loving memory of Dianne Matter

*Thank you for teaching Arianna the keys on piano
and me the keys to prayer and being a pioneer.*

We will hold you in our hearts forever!

*“Yet, I still belong to you; you are holding my right
hand. You will keep on guiding me with your
counsel; leading me to a glorious destiny.”*

(Psalm 73:23-24, New Living Translation, Compact Edition)

Unstuck

Day 1

BELIEVE IN MIRACLES



I clasped my hand over my mouth, gasped, and froze in shock. I watched the lifeguard pull one lifeless girl and then another one out of the pool. *No!*

Immediately without thinking, I started praying out loud as my eyes stared ahead at the scene playing out before me. *These girls can't be more than five and seven years old. This can't be happening.* I felt like I was dreaming or watching a movie. Yet it was the middle of the day, during a summer heatwave. Only moments before, the pool had been packed with swimmers. Now, two girls lay unconscious, side by side on the pool deck with a growing number of lifeguards surrounding them. They were not moving, breathing, or coming to life. Tears welled up in my eyes and I swallowed the lump in my throat as I imagined being the mom of one of those children. I continued to pray out loud as if I was

praying for my child and gradually with more urgency and authority. “In Jesus’ name, I declare these girls will regain consciousness. They will live and not die and declare the works of the Lord in Jesus’ name,” I prayed and quoted scriptures.

“Mom, you are embarrassing me,” Ashton said as he tugged on my arm. “We have to move back to the fence now. The lifeguard is moving everyone back, see?” I noticed our son was slowly following our daughter along with a crowd of parents and children back toward the fence, away from the pool.

As I struggled to collect my thoughts, a kind woman approached me and grabbed my hand. “Keep praying,” she emboldened me as she joined with me in prayer. I noticed her on the pool deck just minutes earlier. I admired how a child skipped over and hugged her as they shared a pleasant exchange. *She’s my kind of lady. I’d like to be her friend.* And now here we stood, holding hands and crying out to God to save these two young girls.

We both prayed out loud and there was still no movement. We kept praying. The CPR and other strategies they were trying weren’t working. I noticed a woman came forward and she wasn’t pool staff. *She must be the mom!* My heart broke for her. As we pressed on in prayer, my phone rang. It was my father-in-law, a pastor. I answered and put it on the speaker phone. “Dad, I am

so glad you called. We need you to pray with us right now! We are praying for a miracle.” I told him the situation and he began to pray with us.

“In Jesus’ name, I command death to go NOW and I declare a miracle of healing and resurrection over both of these girls. Just as you raised Lazarus from the dead, I declare both girls will have breath in their lungs and come back to life in Jesus’ name,” my father-in-law prayed. My new friend and prayer partner and I agreed.

Suddenly, after five of the longest minutes of my life, the younger girl coughed up water, regained consciousness, and started to move. Praise God! We shouted and cried and continued to press on in prayer as the second girl still laid there lifeless.

An ambulance pulled up and they opened the fence. The paramedics hurriedly rushed in with a stretcher. They scooped up the lifeless girl and carried her out. My heart sank. *Is she not going to make it, Lord?* I looked at the clock. It seemed like 10 minutes had passed since they were first pulled from the water. Tears poured down my cheeks as I continued to plead with God for a miracle for the second girl.

“Attention, attention, the pool will now be closed for the day. Please gather your belongings and head to the exit. Thank you.” As the announcer’s voice rang over the PA, the lifeless girl on the stretcher was wheeled off the

pool deck and into the ambulance. I gathered my children and our belongings and quietly shuffled with the crowd of people through the blazing sun toward the exit.

I bumped into my new friend on the way out. “My name is Catherine Vandy, by the way.” I introduced myself as well and learned Mrs. Vandy was a teacher at an area elementary school. Her son was also the manager at the pool. She leaned over to whisper in my ear.

“I just talked to my son. She made it! The girl in the ambulance, came to in there. They haven’t announced it officially yet, but I wanted you to know. Our prayers worked!” She smiled at me real big, I breathed a sigh of relief and it felt like the weight of the world fell off my shoulders. I smiled back and, dripping with sweat and tears, we gave each other a high five.

What kind of miracle are you believing in God for today? **Mark 11:23 (New King James Version)** says, “**For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.**” With God all things are possible!

As you journal today, write down the seemingly impossible thing (s) that you would like to see God do. After you write them down, pray for God to give you a key verse in Scripture. Write down the verse and pray it

out loud over your situation. Find someone to share this situation with, and pray and believe together for God to move mountains and do the impossible in your life!

Journal & Pray

God, I am weary and discouraged, but please renew my faith and help me to believe again. I pray You will move this mountain (s) and turn this situation (s) around.

Thank You, God, for teaching me to build up my faith in You. Thank You for showing me a key Scripture I can stand on to believe for a miracle in my life. (Some examples are Mark 11:23, Luke 1:37, Matthew 19:26, Luke 18:27, Mark 10:27, Mark 11:24, Matthew 21:22, and Matthew 18:19.)

Journal & Pray

God, I desire to see breakthrough and direction in ...

The questions I have for You and the place I need to see
You move is ...

God, show me if You are calling me to fast and pray. What
type of fast are You calling me to and for how long?

Day 12

HEAR HIS WHISPER



“Hi, this is Bob Goff here. How can I help you?”
I couldn’t believe my ears. An hour before I had called Bob, he responded with an email and asked me to give him a call. And when I called, he answered. For weeks after reading his book, *Love Does*, I kept hearing a persistent voice, like a whisper, *Call Bob Goff. Call Bob Goff. He’ll tell you what to do.* I finally found the courage to make the call, and I chided myself for not doing it sooner.

During the next twenty minutes, I told Bob about my book being finished, about our current work and financial situation, about our son Ashton’s recent Noonan Syndrome diagnosis, and questions I had regarding the next steps in publishing.

“Well, Amy, it comes down to this. Do you want to play intramural softball or major league baseball? This is

the difference between self-publishing and looking for an established publisher. It sounds like with everything you have going on with your son, you may need to find a traditional publisher. And if you want to have a writing career and make money, it's definitely the way to go."

Jeremiah 33:3 (NKJV) says, "Call to Me, and I will answer you, and show you great and mighty things, which you do not know." Sometimes the answer God has for you is just one phone call away.

I prayed for God to give me direction and answers regarding publishing for several weeks. I kept hearing His still, small voice but I didn't act on it right away. Finally, I mustered up some courage and made the call.

How often are we praying for answers and crying out to God over and over and when He gives us the answer, we ignore what He says? It seemed a little crazy for me to call Bob Goff. *He's not going to want to talk to me, he doesn't even know me. He probably won't even answer my call.* Yet, once I stepped out in faith and followed God's direction, I got the answers I had been searching for all along.

After that conversation, I found the courage to register and go to my first writing and publishing conference. I met my publisher there, and it was like a divine appointment. Although they are an independent publisher, they were exactly what I needed to publish my

first book. I still hope to publish through a traditional publisher someday and truly believe God will lead me there step by step.

Is there an area in your life where you feel stuck? Is there something you have been praying about for a long time? What do you hear or sense God is leading you to do? Take time to listen as you write down not only the problem you are seeking a solution for but also the words you hear God speaking to your heart. As He reveals to you the next steps, I dare you to courageously move forward. You may be pleasantly surprised.

As you journal today, take time to write down each of the problems you have been facing. After you write each problem down, prayerfully ask God for direction. Listen and write down the promptings or the responses you get in your prayer time. What individuals, books, courses, or solutions is He leading you to? As you write down each problem and each solution, prayerfully ask God which one you should start on first and then courageously take the next right step.

Journal & Pray

For example:

<u>Problem</u>	<u>Mentor, Person, Text, or Course</u>
Mortgage too high	Sign up for Financial Peace University by Dave Ramsey
Health struggles with food/diet	Meet with a dietician or nutritionist
Need direction with writing/publishing	Find an editor to work with on the book

1. _____ . _____ .
2. _____ . _____ .
3. _____ . _____ .
4. _____ . _____ .
5. _____ . _____ .

Day 13

SPREAD KINDNESS EVERYWHERE



Give her the \$20 in your pocket. This is a thankless job. I walked into the bathroom at O'Hare Airport in Chicago and I took in the lady sweeping out the stalls and dumping garbage into the large rolling trash can next to her. *I know what this feels like.* Years earlier, I had my own cleaning business on the side when I was breaking into modeling. I walked over and handed the young woman the cash from my pocket. "Thank you for all your hard work. I know this isn't easy . . . Keep up the good job!"

I felt compelled to bless this stranger and let her know her hard work was not in vain. I noticed her and, more importantly, God noticed her. I had once been in her shoes as I, too, cleaned other people's houses, apartments, and floors. As I cleaned toilets and kitchen sinks,

I prayed for the homeowners, my husband, and for God to open doors for me in the modeling industry. I made the most of it by listening to Christian radio and praying as I cleaned. I felt a certain solace cleaning and praying as it was quite the contrast from the stress and busyness I experienced managing the teen center.

As I reflected on my cleaning days, my heart swelled with gratitude for how God answered my prayers and provided contracts with Porsche Cars North America and with Met-Rx Sports Nutrition. My desire was to give back and be a blessing. God had blessed me with agents and clients that treated me well, and I wanted to bless others in return.

While traveling and modeling over the years, I looked for people to shower with mercy. I wanted to share God's love and kindness as I knew it was the main reason He called me into the business. A Christian speaker on the radio said, "God wants us to show kindness to everyone, from the janitor to those in jail, to the people at the top and everyone in between." He sees all our acts of kindness and blesses us for our efforts. **Matthew 6:3-4** says, **"But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you."** I purposely looked for people to bless that could never pay me back

in return. And over the years, people have unexpectedly blessed me and my family in ways we could never pay back either. God works in amazing and mysterious ways!

On my very first big modeling job, I shared the love of God with my team. I was hired to do theatrical runway shows across the U.S. for Sally's Beauty Supply. Two other girls and I were the "Face of Sally's," and with distinct mime-type make-up, donning red catsuits, we slinked across the stage between the dancers at each performance. We traveled with a team of nine other women and my goal on the multi-city, hair show tour was to get to know each model/dancer, share my testimony with her, and be a source of encouragement. It helped me to focus on others and forget about my worries and insecurities as we worked at each show. By the end of the tour our choreographer, John, handed out awards. "And now our Miss Congeniality Award goes to . . . Amy Joob!"

It pays to be kind. The biggest reward for showing kindness is the warm feeling you get inside when you know you helped meet a need at the exact right time and place. I receive more joy in my life by giving than by receiving. Giving can lift you out of anxiety and discouragement and help you see your circumstances in a whole new way. Who is God prompting you to show kindness to today? Take some time to journal and write down the

people you want to bless and ways you can show them kindness this week.

Journal & Pray

People/Places to bless	Action	Date to be completed	Finished?
Friend	Make video for her online business	Today	Done!
Local Food Pantry	Shop & drop off groceries	First day of next month	

Day 14

GOD IS MY BOSS



“**A**my, I think you need to start setting your timer for an hour each day; sit down and write until your timer goes off.”

My friend Terre gave me the perfect solution! I was getting weary from writing and re-writing my manuscript. Talking with Terre in our church that day was a lightbulb moment. I took her advice and began to write an hour each day, in the same place and at the same time. I turned my phone to silent, set the timer, and prayed for God to guide me and for His words and wisdom to flow through me. This formula helped me through the rest of my memoir writing journey.

Colossians 3:23–24 says, “**Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will**