



Your group matters.

## DISCUSSION GUIDE

- Icebreaker -

*Would you rather have a lawn that mows itself or a driveway that clears itself of snow? Why?*

1. Pastor Nate shared how our culture often pushes us to “get over it” and move on. Share about a time in your life where you felt (or applied) that kind of pressure.
2. Read **Psalm 34:18**, **Matthew 5:3-4**, and **John 11:35**. How does it make you feel hearing that Jesus accepts your feelings and is present with you in your pain?
3. Pastor Nate stated, “healing isn’t linear, it’s a journey.” How has that truth played out in your life?
4. In **2 Corinthians 4:14-17** the Apostle Paul writes about our being healed permanently by Jesus. What is this permanent healing and how will that truth change how you live your life today?
5. Read **Psalm 147:3**. Pastor Nate encouraged us to bring our hurts to Jesus and trust Him to provide healing at His pace. What’s a hurt you’ve been trying to “get over” that God is patiently waiting for you to give Him?

## PERSONAL GUIDE

*Day One:* Luke 3; Psalm 136

*Day Two:* Numbers 19; Proverbs 12

*Day Three:* Philippians 1; 2 Kings 10

*Day Four:* 2 Thessalonians 1; Ezekiel 13

*Day Five:* Job 12; Acts 24

*This Personal Guide has been adapted  
from Professor Grant Horner's  
Bible Reading System.*



Your  
story  
matters.

**AUG 24, 2025**

Message Notes



## The Space in Between "NOT OVER IT"

Pastor Nate Sickler | Aug 24, 2025

We often feel stuck in the "space in between" - moments when we're not where we were, but not yet where we want to be.

- These moments can feel confusing, frustrating, and discouraging... or can become wonder-filled.
- What can we do with the waiting, the uncertainty, the tension? And where's God in all of it?

What do you do with the parts of you that haven't \_\_\_\_\_ to the healing you'd hoped for (e.g., emotional wounds, physical ailments, mental challenges, destructive habits)?

Shouldn't I Be \_\_\_\_\_?

- Have you ever heard or said to yourself, "You should be over that \_\_\_\_\_?"
- We live in a culture that celebrates quick recovery, moving on, and \_\_\_\_\_.
- Common \_\_\_\_\_: *walking with Jesus = getting over things fast.*
- What if Jesus isn't asking us to fake it - but to face it?

### 1. What Does It Look Like for Us to "\_\_\_\_\_"? (John 11:32)

- "Lord, \_\_\_\_\_ you had been here..."
- Mary doesn't \_\_\_\_\_ her pain - she brings it to Jesus.

### 2. Jesus Doesn't \_\_\_\_\_ Challenges (John 11:35)

- "Jesus \_\_\_\_\_."
- Jesus entered the pain \_\_\_\_\_ He changed the situation.

Why?

- Because our \_\_\_\_\_ matters.

### 3. Healing Starts with \_\_\_\_\_, Not Performance (Psalm, 34:18; Matthew 5:3-4)

You don't need to:

- \_\_\_\_\_ the right thing
- \_\_\_\_\_ the right way
- Come to Him with \_\_\_\_\_
- Be \_\_\_\_\_ it

You only need to:

- Let Him be \_\_\_\_\_ and be present with Him.

### 4. Healing Comes from \_\_\_\_\_ (Psalm 147:3; 2 Corinthians 4:14-17; 12:8-9)

- Jesus isn't disappointed in your pace. He's not frustrated with your feelings.
- Healing isn't linear, it's a \_\_\_\_\_.

We all need healing - \_\_\_\_\_ healing. (Ephesians 2:1, 4-5)

### WHAT CAN I DO IN THE SPACE IN BETWEEN?:

- Face it, whatever \_\_\_\_\_ is.
- Bring it to Jesus. He is in the business of healing and \_\_\_\_\_ what to do.
- Wait with Him - \_\_\_\_\_ His pace.

**Tell us about the next step you took today in your spiritual journey!**

**App:** Message Notes/Connect Card **Or:** MYRC.LINK/CONNECT



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We often feel stuck in the "space in between" - moments when we're not where we were, but not yet where we want to be.

- These moments can feel confusing, frustrating, and discouraging... or can become wonder-filled.
- What can we do with the waiting, the uncertainty, the tension? And where's God in all of it?

What do you do with the parts of you that haven't caught up to the healing you'd hoped for (e.g., emotional wounds, physical ailments, mental challenges, destructive habits)?

### Shouldn't I Be Over It?

- Have you ever heard or said to yourself, "You should be over that by now?"
- We live in a culture that celebrates quick recovery, moving on, and getting stronger.
- Common misconception: *walking with Jesus = getting over things fast*.
- What if Jesus isn't asking us to fake it - but to face it?

## 1. What Does It Look Like for Us to "Face It"? (John 11:32)

- "Lord, if only you had been here..."
- Mary doesn't mask her pain - she brings it to Jesus.

## 2. Jesus Doesn't Rush Challenges (John 11:35)

- "Jesus wept."
- Jesus entered the pain before He changed the situation.

### Why?

- Because our pain matters.

## 3. Healing Starts with Presence, Not Performance (Psalm, 34:18; Matthew 5:3-4)

### You don't need to:

- Say the right thing
- Feel the right way
- Come to Him with answers
- Be over it

### You only need to:

- Let Him be present and be present with Him.

## 4. Healing Comes from The Healer (Psalm 147:3; 2 Corinthians 4:14-17; 12:8-9)

- Jesus isn't disappointed in your pace. He's not frustrated with your feelings.
- Healing isn't linear, it's a journey.

We all need healing - permanent healing. (Ephesians 2:1, 4-5)

### WHAT CAN I DO IN THE SPACE IN BETWEEN?:

- Face it, whatever it is.
- Bring it to Jesus. He is in the business of healing and knows what to do.
- Wait with Him - Trust His pace.

**Tell us about the next step you took today in your spiritual journey!**

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