



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!

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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: Pilippians 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.*



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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)

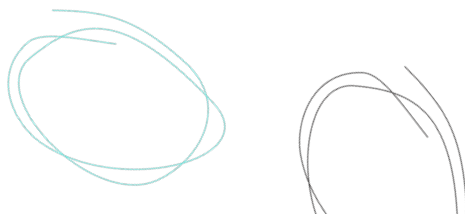
- "Lord, if only you had been here..."
- Mary doesn't mask her pain - she brings it to Jesus.

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.

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