



**NO LIMITS**

WITH PASTOR DELMAN

I'M  
*Dying*  
TO  
*Live*

S E R M O N G U I D E

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## I'm Dying To Live

*1 Peter 2:21-25*

### INTRODUCTION

Many of us ask a common question after experiencing trauma, injury, or loss: “How will I know when I am healed?” We often look for healing in the complete removal of our problems. We think we are healed when the pain stops, the grief fades, or the memories no longer hurt. This view, however, can leave us frustrated when life’s challenges persist. What if we viewed life’s difficulties not as problems to be solved, but as paradoxes to be managed?

This shift in perspective is at the heart of our faith. When the Apostle Paul pleaded with God to remove the thorn in his flesh, God did not erase the problem. Instead, He provided the grace to handle it. The resurrection of Jesus Christ offers us a similar invitation. It calls us to reframe our stories of pain and loss, showing us that true healing is not about eliminating our wounds but about transforming our lives through them. Peter’s words invite us to discover what it means to be healed by what happened on the cross.

### KEY POINTS

#### **1. Healing Is Reframing Our Pain**

The first sign of healing is a change in perspective. Healing is not the absence of a problem but the expansion of our capacity to handle it with grace. The text says that when Jesus was abused, he did not retaliate. This demonstrates a profound spiritual capacity. We are healed when we can endure trials that once would have broken us, not because the trials are gone, but because God has enlarged our ability to walk through them. This is healing in action. It is the quiet strength to keep going, to keep praising, and to keep believing, even when the struggle is real.

#### **2. Healing Is Finding Validation in God Alone**

In his suffering, Jesus “entrusted himself to the one who judges justly.” He did not seek approval from the crowds, his disciples, or his accusers. His security and identity were rooted entirely in his relationship with the Father. A clear sign of our own healing is when we stop needing external sources of validation to feel whole. True healing frees us from the constant search for approval and allows us to rest in our identity as beloved children of God. When our self worth comes from God, no insult, offense, or opinion can keep us from becoming who He created us to be.

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### **3. Healing Is Dying to the Past to Live for the Future**

The scripture says Christ bore our sins “so that, having died to sins, we might live for righteousness.” This is the core of resurrection life. It is the power to die to what binds us so we can live in what blesses us. Like Lazarus being freed from his grave clothes, we are called to shed the old patterns, hurts, and fears that hold us back. Healing comes when we are no longer held hostage by our past but are free to walk boldly into the future God has planned. This is a daily choice to let go of what was and embrace the new life, new joy, and new purpose found in Christ.

This journey of healing is a process, not a single event. It is about becoming people who can bear witness to God's power in the midst of our imperfections. When God expands our capacity to handle pain, we are better equipped to stand in solidarity with others who are suffering and to fight for justice in a broken world. When we find our validation in God alone, we are freed from the fear of public opinion, which allows us to speak truth to power with love and conviction.

Living for righteousness means orienting our lives toward God's dream for humanity: a world of justice, peace, and wholeness. It means dying to our own selfishness, our own comfort, and our own agendas so that we can truly live for something greater. As you embrace this deeper healing, you become a more powerful instrument of God's love and a more effective agent for social transformation. Your healed life becomes a testament to the resurrection, showing the world that even after the deepest wounds, new life is possible.

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### QUESTIONS TO CONSIDER

1. In what areas of your life has God expanded your capacity to handle challenges that once overwhelmed you? How can you view this expanded capacity as a sign of true healing?
2. From whom or what do you most often seek validation? What practical steps can you take this week to entrust your sense of self worth to God alone, as Jesus did?
3. What "grave clothes" from your past, like old hurts, fears, or limiting beliefs, are you ready to leave behind? How would living for "righteousness" change your daily actions and your mission in the world?

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