



**NO LIMITS**

WITH PASTOR DELMAN

**S T R E S S E D**  
*but not*  
**S T R E S S E D O U T**

S E R M O N G U I D E

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## Stressed, But Not Stressed Out

*Ezekiel 37:1-14*

### INTRODUCTION

Stress is real, and most of us know what it feels like to carry too much for too long. It can settle into our thoughts, drain our energy, affect our bodies, and leave our spirits feeling tired and thin. Sometimes stress shows up loudly, and sometimes it hides behind a smile, a busy schedule, or the simple effort to keep going. In Ezekiel's vision of the dry bones, we see a powerful reminder that even what looks empty, scattered, and beyond repair is still within God's reach. God is not afraid of our dry places, our overwhelmed places, or the parts of us that feel worn down by life. God meets us there with hope, breath, and new life, and that means stress does not have to be the end of our story.

### KEY POINTS

#### 1. Stress Can Dry Us Out

The valley of dry bones reflects what prolonged stress can do to us over time. When we carry pressure, grief, fear, disappointment, and exhaustion for too long, it can slowly drain us from the inside out. We may keep showing up, doing what needs to be done, and looking fine on the outside, but deep down we can feel empty, numb, and worn thin. Stress has a way of taking our joy, clouding our focus, and making even simple things feel heavy. That is why this message calls us to honesty. We do not have to pretend we are stronger than we are, and we do not have to hide our dryness from God. The same God who brought Ezekiel into the valley is not afraid of what is broken in us. God already sees the places where we feel tired, discouraged, and stretched beyond our limits, and still meets us there with compassion. When we tell the truth about our condition, we make room for God's healing, God's strength, and God's renewing breath to reach the places that feel most worn down.

#### 2. What We See Is Not The End Of The Story

The bones looked beyond repair, but God saw possibility where others would only see loss. That is such an important word for us, because stress can make what is in front of us feel final. It can make us think this exhaustion is permanent, this grief will never lift, or this pressure will always define us. We can start believing that what we see right now is all there is, but faith reminds us that God is always at work, even in places that look silent, empty, or worn out. Faith does not ask us to ignore the pain or act like everything is fine. Faith gives us the courage to tell the truth about what hurts, while still trusting that God has not abandoned us in it. When we walk by faith, we learn to look beyond the present moment and hold on to the larger promise that God can restore what feels depleted. Stress may shape what we feel and what others see, but it does not have the final word. God still brings life, healing, and renewal, and with God, even the most broken places are never beyond hope.

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### 3. God Brings Renewal, Not Just Relief

God did not simply comfort the bones. God revived them and gave them life again. That matters because God wants more for us than just making it through another day. God does not call us to live stuck in survival mode, always drained, always anxious, and always trying to hold ourselves together. God desires wholeness for our minds, our bodies, and our spirits. God wants to restore the parts of us that stress has worn down, and breathe strength into the places where we feel weak, discouraged, or depleted. This is good news for anyone who has been carrying too much for too long, because it reminds us that renewal is possible, and that we do not have to stay where stress has left us.

Moving from overwhelmed to renewed often happens step by step. It can begin with honest prayer, where we stop pretending and bring our full selves before God. It can grow through community, where trusted people remind us that we do not have to carry every burden alone. It can take shape through real rest, wise support, healthy boundaries, and a deeper trust that God is still at work even when we feel tired. When we make space for God's presence and accept the help God provides, healing can begin. Little by little, God can steady our hearts, clear our minds, and renew our strength so that we are not only relieved for a moment, but restored in a deeper way.

Some of us are carrying more than anyone knows. We show up, keep moving, smile when we need to, and do our best to hold it all together, even when we feel tired deep down. But the good news is that God still works in valleys, and God is not intimidated by the dry, weary, or overwhelmed places in our lives. God still speaks to what feels empty. God still breathes life into what feels drained. God still restores what stress, sorrow, and long seasons of pressure have worn down. So do not give up on yourself, and do not give up on what God can do. Bring your burden to God honestly, just as it is. Trust the Spirit to meet you in your weakness, renew your strength, and remind you that this hard season is not the end of your story. With God, dry bones can live again, hope can rise again, and you can be restored one breath, one prayer, and one step at a time.

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### QUESTIONS TO CONSIDER

1. What area of your life feels dry, weary, or overwhelmed right now?
2. How might God be calling you to trust beyond what you can currently see?
3. What is one step you can take this week toward healing, rest, or renewal?

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