

Sermon Reflection

Victory in Jesus

Victory Over Feeling Stuck (Sermon - April 26, 2026)

Scripture

John 5:1–9 (NIV)

Key Thought

You cannot move forward until you're honest about where you are. Victory over feeling stuck begins with truth, requires responsibility, and is completed through trust and action.

Overview

In John 5, we meet a man who had been stuck for 38 years. When Jesus approaches him, He asks a powerful question, "Do you want to get well?" This moment reveals that being stuck is not just about circumstances. It is also about mindset.

This passage teaches us that progress begins when we acknowledge where we are, take responsibility, and trust Jesus enough to move.

Point 1

Acknowledge You're Not Where You Want to Be

Scripture

John 5:6 (NIV)

"When Jesus saw him lying there... he asked him, 'Do you want to get well?'"

Reflection

Jesus asks a question that exposes the man's condition. Not to gather information, but to invite honesty. You cannot move forward until you admit you are stuck.

Reflection Questions

Am I being honest about where I am right now?

Have I accepted where I am instead of desiring change?

This Week's Application

Be honest with yourself and with God.

Identify areas where you feel stuck.

Desire change more than comfort.

Point 2

Release the Excuses that are Keeping You Stuck

Scripture

John 5:7 (NIV)

“Sir... I have no one to help me into the pool...”

Reflection

Instead of answering the question, the man gives reasons why he cannot move. His response reflects a mindset shaped by limitation. Excuses keep us stuck longer than circumstances do.

Reflection Questions

What excuses have I been using to stay where I am?

Am I waiting on something instead of taking responsibility?

This Week’s Application

Take ownership of your next step.

Release the mindset of limitation.

Stop waiting for perfect conditions.

Point 3

Trust Jesus and Move Forward

Scripture

John 5:8 (NIV)

“Then Jesus said to him, ‘Get up! Pick up your mat and walk.’”

Reflection

Jesus gives a command that requires action. The man had to trust Jesus enough to move before seeing the full result. Progress happens when faith turns into action.

Reflection Questions

Am I willing to move when Jesus speaks?

What step of faith do I need to take right now?

This Week’s Application

Act on what God is telling you to do.

Take one step forward in faith.

Trust Jesus even when it feels uncomfortable.

Living It Out This Week

Be honest about where you are.

Release your excuses that are holding you back.

Take a step forward in faith.

Encouragement

You may feel stuck, but you are not without options. Jesus is still asking the question, and He is still giving direction.

You don't have to stay where you are.

Closing Prayer

John 5:8 (NIV)

Lord, give us the courage to be honest, the strength to stop making excuses, and the faith to move when You speak. Help us trust You and step forward into what You have for us. Amen.