



NO LIMITS

WITH PASTOR DELMAN

**IT HURT ME,
BUT IT
HELPED ME**



S E R M O N G U I D E

NO LIMITS WITH PASTOR DELMAN

It Hurt Me, But It Helped Me

Matthew 26:14-16, 21-25, 47-50

INTRODUCTION

We have all experienced the sting of being hurt, disappointed, or let down by someone we trusted. To be human is to know pain. Often, the deepest wounds are not the ones people can see. They are the scars left on our souls. Our natural instinct is to avoid people and situations that might cause us pain. We run in the opposite direction from anything that looks like betrayal or heartbreak, which makes the story of Jesus and Judas so compelling.

The entire plan for our salvation hinged on an act of profound betrayal. Jesus knew what was coming. He knew one of his own would hand him over, yet he did not run. He faced the hurt head on, not just to fulfill a prophecy, but to teach us something powerful about how God can use our deepest wounds for our greatest good. This story challenges us to look at our own hurts not as dead ends, but as opportunities for God to work in our lives in ways we never imagined.

KEY POINTS

1. Life Does Not Deliver Perfect Circumstances

Jesus knew Judas would betray him, yet he chose him as a disciple anyway. This is a critical lesson: God's plan does not require perfect situations to unfold. We often get stuck because we expect a perfect family, a perfect job, or a perfect community. When imperfection inevitably shows up, we think something is wrong with us, with others, or even with God. Jesus's selection of Judas teaches us to release the expectation of a flawless life. Instead, God calls us to navigate the complexities and challenges with faith, knowing that He is at work even in our messy realities.

2. People Are More Than Their Worst Actions

When Judas betrays him with a kiss, Jesus calls him "friend." This is a radical act of grace. Our tendency is to reduce people to their mistakes, to define them by a single failure or flaw. The church has historically painted Judas as a one dimensional villain, but Jesus saw more. He understood the complexity of the human heart, recognizing the wounds, isolation, and insecurity that often drive people to do hurtful things. This is a call to social and personal justice: to resist the urge to discard people. We must look beyond the action to see the person, extending a grace that seeks to understand rather than condemn.

NO LIMITS WITH PASTOR DELMAN

It Hurt Me, But It Helped Me

Matthew 26:14-16, 21-25, 47-50

3. What Others Do Is Not A Reflection Of Your Worth

It is natural to take betrayal personally. We ask, "How could they do this to me?" Jesus, however, provides a model for healing by not internalizing Judas's actions. He understood that Judas's choice was about Judas, not about a failure in Jesus's own worth or mission. When people hurt us, their actions are often a symptom of their own brokenness, not a verdict on our value. Freeing ourselves from taking it personally allows us to see the situation with clarity. What they meant for evil, God can use for good, but only if we do not let their actions define us.

4. You Must Shift Your Focus To Your Mission

Immediately after identifying his betrayer, Jesus does something remarkable: he serves communion. He does not lash out or fall into despair. He shifts his focus back to his divine assignment. He knew that if you never heal from what hurt you, you will bleed on people who never cut you. His mission was to bleed for people, not on them. This is our call as well. While our pain is real, we cannot allow it to consume us and derail our purpose. We must learn to shift our focus from what they did "to" us and begin asking what God wants to do "for" us and "through" us as a result.

The story of Jesus and Judas is not just ancient history; it is a blueprint for navigating the inevitable hurts of our own lives. God does not promise us a life free from pain, but He does promise to be with us in it and to use it for His glory. Healing begins when we accept that life is not perfect and that broken people, including ourselves, will make mistakes.

Living this out requires a commitment to justice and compassion, starting with how we view those who have wronged us. Instead of casting them as villains, we can ask what wounds might have led to their actions. This does not excuse the hurt, but it frees us from the bitterness that can poison our own souls. It allows us to see that their actions are not a measure of our worth. You are a beloved child of God, and nothing anyone does can change that.

Ultimately, your greatest act of faith is to shift your focus from the pain of the past to the purpose of your future. That betrayal may have been designed to destroy you, but God wants to use it to develop you. The lesson might be to set better boundaries, to stop ignoring patterns of toxic behavior, or to awaken you to a new level of strength and resilience. Your assignment from God is too important to be derailed by hurt. It is time to stop ruminating on what happened and start walking in the healing and purpose that God has for you on the other side of it.

NO LIMITS WITH PASTOR DELMAN

It Hurt Me, But It Helped Me

Matthew 26:14-16, 21-25, 47-50

QUESTIONS TO CONSIDER

1. In what area of your life have you been waiting for "perfect" conditions, and how might Jesus's example of working through imperfection challenge you to move forward?
2. Think of a person you have judged harshly for their mistakes. What would it look like to follow Jesus's example and see them as a complex "friend" rather than a simple villain?
3. What hurt are you holding onto that is keeping you from your divine assignment? What is one practical step you can take this week to shift your focus from the pain to your God given purpose?
