



NO LIMITS

WITH PASTOR DELMAN

I'M OVER
MY EXES

S E R M O N G U I D E

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Deuteronomy 2:1-8

INTRODUCTION

Many of us know the classic song “End of the Road” by Boyz II Men and assume it is a heartbreaking love song. But a closer look at the lyrics reveals a more troubling story: it is about a person who cannot let go of a relationship that was unfaithful and toxic. The song portrays someone stuck in a delusion, clinging to what was, even though it was painful and unhealthy. This is not romantic; it is a tragedy that keeps people from moving forward into freedom and healing.

This feeling of being stuck is not limited to romantic partners. We all have “exes” in our lives. An ex can be a job you poured everything into that never valued you, a mindset that no longer fits who you are becoming, or a season of life that has ended. The tragedy occurs when we struggle to accept that what once was is no longer, and we remain tethered to the past, unable to walk into our next chapter. This is precisely where we find the people of God in Deuteronomy 2. After years of wandering in circles, God declares that it is time to move on. He says, “You have been skirting this hill country long enough. Head north.” It is go time.

KEY POINTS

1. Choose Courage Over Closure

The generation of Israelites that first reached the edge of the Promised Land was paralyzed by fear. A report of strong enemies and fortified cities caused them to retreat to the comfort of Mount Seir rather than fight for what God had promised them. Thirty-eight years later, a new generation stands in their place. When God tells them it is time to go, they do not hesitate or ask for more information. They move. They did not need an explanation or an exit interview from their past to step into their future.

Many of us are kept stuck by the myth of closure, the belief that we need one more conversation or explanation from a person or situation to feel complete. But true closure does not come from an external source; it comes from within. Seeking it from people or places that hurt you only keeps you imprisoned. The new generation of Israelites models for us that what we truly need is not closure, but courage. Courage to move on without all the answers, trusting that the same God who opens doors can also shut them.

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Your ability to move toward your next season comes when you stop judging yourself for past choices and release the need for others to make you feel whole. Stop thinking that one more conversation will fix it. Unstable people cannot give you a stable explanation. It is time to practice the discipline of moving forward. This may mean deleting a number, blocking a profile, or consciously deciding to protect your mind from endless rumination. God has not given you a spirit of fear, but of power, love, and a sound mind (2 Timothy 1:7). That is the courage you need to say, "I am okay living without that answer," and to start walking toward your promise.

2. Pursue Clarity, Not Just Change

As God commands the Israelites to move on, He gives them very clear instructions for how to pass through the land of their relatives, the descendants of Esau. He tells them not to engage in battle, not to covet what their kin have, and to pay for any food or water they need. God was not just moving them geographically; He was teaching them a new way to live. The previous generation had a combative and covetous spirit, and God wanted to ensure this new generation did not carry those destructive patterns into the Promised Land.

What is the point of going through a painful experience if you do not learn the lesson God intends for you? God wanted Israel to gain clarity. They needed to understand that just because something is near you does not mean it belongs to you, and just because you have the power to take something does not mean you should. God wants to give you clarity about the habits, patterns, and mindsets that contributed to your past season of stagnation. This is how true healing and wisdom are born, preventing you from putting new wine into old wineskins.

Moving forward requires honest self-reflection. It is not always about what someone did to you, but about understanding the conditions that allowed it to happen. What role did you play? Is God trying to teach you about codependency, about honoring your boundaries, or about valuing yourself? When you get the lesson God has for you, you stop circling the same mountain. You gain wisdom and a new perspective that equips you for the future. Instead of seeking closure from your ex, ask God for clarity about yourself.

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3. Trust God to Increase Your Capacity

The first generation settled for Seir because they did not believe they had the capacity to face the challenges in Canaan. They saw giants and felt like grasshoppers. The new generation, however, moves forward in faith, believing they can handle what lies ahead. The rest of their story proves them right. As they journey on, God provides manna from heaven, brings water from a rock, guides them by cloud and fire, and teaches them to shout until walls fall down. They could do things they never thought possible because God had increased their capacity.

God wants to do the same for you. The pain, disappointment, and struggles of your past were not meant to break you but to build you. You will know your capacity has increased when the same situations that used to take you out no longer phase you. You can sit in meetings you once feared, have conversations that once crippled you, and face challenges with a strength you did not have before. God is preparing you for your next assignment.

You are stronger now. The hurt may still be a memory, but it no longer has power over you. Where you used to shut down or run away, you can now stand firm. This is evidence that God is enlarging your territory and preparing you for something greater. The difficult path you walked has equipped you to handle more than you ever could before. Trust that God is using every part of your story to expand your capacity for your purpose, your mission, and your future. You are over your ex, and you are ready for your next.

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QUESTIONS TO CONSIDER

1. In what area of your life are you waiting for “closure” from someone or something, and what would it look like to choose courage and move forward without it?
2. Reflecting on a past difficult season or relationship (an “ex”), what is the single most important lesson God wanted you to learn to gain clarity for your future?
3. How have your past struggles and experiences increased your capacity to handle challenges today, and how might God be preparing you for your “next” season of purpose?
