

# UN STUCK

Unstuck from Shame  
John 21:1-19  
Pastor Rick Duncan  
January 18, 2026



## SERMON NOTES & QUOTES

Every time you mess up, you don't have to give up. Because Jesus doesn't give up on you.

When Shame Has Us Stuck...

1. Jesus invites us. (v. 12)
2. Jesus feeds us. (v. 13)
3. Jesus forgives us. (vv. 15-17)
4. Jesus commissions us. (vv. 15-17)

A spiritual formation practice. Take a walk and talk with Jesus (weather permitting). And ask,

1. Jesus, how has self-reliance (or pride or fear) shaped a recent poor choice I made?
2. Jesus, how have I been avoiding You?
3. Jesus, how are You inviting me to love You more faithfully?

## REFLECTIVE PRAYER PROMPTS FOR THE WEEK

**Pray for the work of the Holy Spirit in our gathering.**

Ask God to empower every part of our worship—music, teaching, and the preaching of the Word—so that Jesus is clearly seen and gladly heard.

*“Not by might, nor by power, but by my Spirit, says the LORD of hosts.” (Zechariah 4:6)*

**Ask the Lord to soften your heart and open your ears.**

Pray that you would come ready to receive what God wants to say, rather than guarding yourself or hiding behind shame.

*“He who has ears to hear, let him hear.” (Mark 4:9)*

**Pray for a deep reception of God’s Word.**

Ask that Scripture would be received not as human words, but as the living Word of God at work in those who believe.

*“When you received the word of God... you accepted it not as the word of men but as what it really is, the word of God.” (1 Thessalonians 2:13)*

# REFLECTIVE PRAYER PROMPTS FOR THE WEEK

## Pray for openness to Jesus' invitation.

If you do not yet know Christ, ask for a responsive heart to His call to repentance and faith. If you do know Him, pray that others would hear His voice clearly and respond.

*"Today, if you hear his voice, do not harden your hearts." (Hebrews 3:15)*

## Bring discouragement and past failure to Jesus.

If you've felt disqualified or worn down, pray to receive His invitation again and find rest in Him.

*"Come to me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28)*

## Ask Jesus to feed your weary soul.

Pray that His grace and truth would replace self-condemnation with the assurance of His sustaining love.

*"I am the bread of life; whoever comes to me shall not hunger." (John 6:35)*

## Ask the Spirit to help you name what keeps you stuck.

Pray for the courage to bring shame into the light, trusting God's promise of forgiveness and cleansing.

*"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

*(1 John 1:9)*

## Receive Christ's word of forgiveness.

If you are carrying deep regret, pray to believe that your sin does not have the final word.

*"There is therefore now no condemnation for those who are in Christ Jesus." (Romans 8:1)*

## Pray to hear Jesus' call to live sent.

Ask God to remind you that restored people are still called to love and serve in His name.

*"If anyone is in Christ, he is a new creation." (2 Corinthians 5:17)*

## Commit the coming week to walking with Jesus.

Pray for intentional moments to listen for His voice and respond with renewed love and obedience.

*"My sheep hear my voice, and I know them, and they follow me." (John 10:27)*