

Biblical Resilience:
“God Meets Us in Fight, Flight & Freeze!”
Mark 4:35-41

Sunday, September 6, 2026

Nathan L. Cherry

Have you ever wondered why you feel overwhelmed, even when you know God is near?

BIG IDEA: Every stress response can become a meeting place with God!

1. The storm is _____...but Jesus is _____!
(vs 35-38; Psalm 46:1-2; Isaiah 43:2; Hebrews 13:5)
2. Jesus meets our _____ with peace...not _____!
(vs 39-40; Hebrews 12:1-2)
3. God can _____ our _____ response!
(vs 41; 1 Samuel 17:45-47; 1 Kings 19:3-8; Psalm 46:10)

(continued on other side)

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Opportunity Challenge:

1. Identify Your Default Response:

Ask yourself: Do I move toward pressure (fight)?

Away from it (flight)?

Or do I tend to shut down (freeze)?

You can't redirect what you don't recognize.

2. Look for God in That Space:

Instead of trying to eliminate the response immediately, ask:
"Where might God be meeting me right here?"

In the fight — is He guiding my energy?

In the flight — is He restoring my strength?

In the freeze — is He speaking peace?

3. Redirect...Don't Suppress:

Stress energy isn't the enemy...mismanaged stress is.
Fight can become courage

Flight can become renewal

Freeze can become stillness

God doesn't waste your wiring...He redeems it!

Ask: How can I allow God to redirect my stress into courage,
renewal, or stillness?

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