

**Biblical Resilience:
“Strength Without Shame!”
Matthew 26:36-46**

Sunday, September 13, 2026

Nathan L. Cherry

Have you ever felt like you had to hide what you were really feeling because you thought a strong Christian shouldn't feel that way?

BIG IDEA: Shame weakens...but grace strengthens!

1. _____ — Jesus didn't hide His distress.
(vs 36-38; Psalm 34:18, 62:8; Hebrews 4:15-16)
2. _____ — Jesus Prayed Honestly,
Then Submitted Completely. (vs 39-44; Psalm 62:8;
Hebrews 5:7)
3. _____ — Strength Comes
From Staying With God (vs 45-46; Isa 41:10; Rom 8:1;
2 Corinthians 12:9)

(continued on other side)

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Opportunity Challenge:

1. Lay Down Shame, Not Emotion

Stop trying to eliminate what God never condemned.
Your emotions are not the enemy...shame is.

2. Practice Embodied Faith (Breath Prayer)

Faith is not just mental—it's embodied.

Practice this:

Inhale: "When I am afraid..."

Exhale: "...I will trust in You."

Let your body participate in your trust.

3. Stay Present in the Process

Jesus didn't escape the moment.

He stayed...prayed...reached out to trusted
people...and prayed again.

That's resilience.

Not quick fixes...faithful presence.

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