February 15, 2026
FOLLOW
"Wholeness"
Matthew 26:36-46
Ryan Paulson, Lead Pastor

Disciples are not formed by _____,

but by _____.

1 _____ your pain.

2 _____ your pain.

3 _____ your pain.

4 _____ your pain.

The places of our _____ can become

portals to our _____.

The DNA of Discipleship:

- Daily time with God
- Nurtured in community
- Active on mission

Need more room to add notes? See the back side of this sermon outline.
Helpful links: efcc.org/sermons | efcc.org/devos | efcc.org/podcasts

Additional sermon notes ...

Take Your Next Step!

Thank you for attending Emmanuel Faith today! If we can help you in any way, contact us at welcome@efcc.org. To connect more, or to go deeper here, see some ways to take a next step below ...

Need Prayer? | efcc.org/prayer

We'd love to pray for you! Visit our prayer form online, scan the QR code at right, or email *prayer@efcc.org*.

Give to EFCC | efcc.org/give

Your generosity changes lives! To give to EFCC, visit our Giving page, access our App, scan the QR code, or use an offering envelope at church.

Find a Group | efcc.org/groups

Learn about God's heart for you, build lasting relationships, and walk alongside others in every season of life. Scan the QR code or visit our groups page online.

Join a Team | efcc.org/teams

Helping others through volunteering gives us a greater sense of meaning and brings great joy both to us and those we help. Join a team and come serve at EFCC.

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Disciples are not formed by **escaping pain**, but by **meeting Jesus in it**.

1. **Name** your pain.

2. **Pray** your pain.

3. **Share** your pain.

4. **Brave** your pain.

The places of our **deepest pain** can become portals to our **greatest growth**.

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