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Vulnerability

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But when we feel this coldness, what we are actually experiencing is our own intimidation. Our fear of being seen as soft, fat, childish, and as unable to handle pressure and meet certain standards of toughness and efficiency pushes us to make every kind of sacrifice rather than let ourselves be so judged.

Ronald Rolheiser



So I wouldn't get a big head, I was given the gift of a handicap to keep me in constant touch with my limitations. Satan's angel did his best to get me down; what he in fact did was push me to my knees. No danger then of walking around high and mighty! At first I didn't think of it as a gift, and begged God to remove it. Three times I did that, and then he told me, My grace is enough; it's all you need. My strength comes into its own in your weakness.

2 Cor 12: 7-9 (MSG)



For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace to me was not without effect.

1 Cor 15:9-10 (NIV)



Search me, God, and know my heart;
test me and know my anxious
thoughts. See if there is any
offensive way in me, and lead me in
the way everlasting.

Psalm 139:23-34





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God is vulnerable

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I heard your voice in the garden, and I was afraid
because I was naked, so I hid myself.





God is vulnerable

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...Christ Jesus who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross!

Phil 2:6-8 (NIV)



How we imitate God's vulnerability

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How we imitate God's vulnerability

- We welcome others like he welcomed us.

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Accept one another, then, just as
Christ accepted you, in order to
bring praise to God.

Romans 15:7



How we imitate God's vulnerability

- We welcome others like he welcomed us.
- We let his power shine through our vulnerabilities.

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But we have this treasure in jars of
clay to show that this all-surpassing
power is from God and not from us.

2 Cor. 4:7



How we imitate God's vulnerability

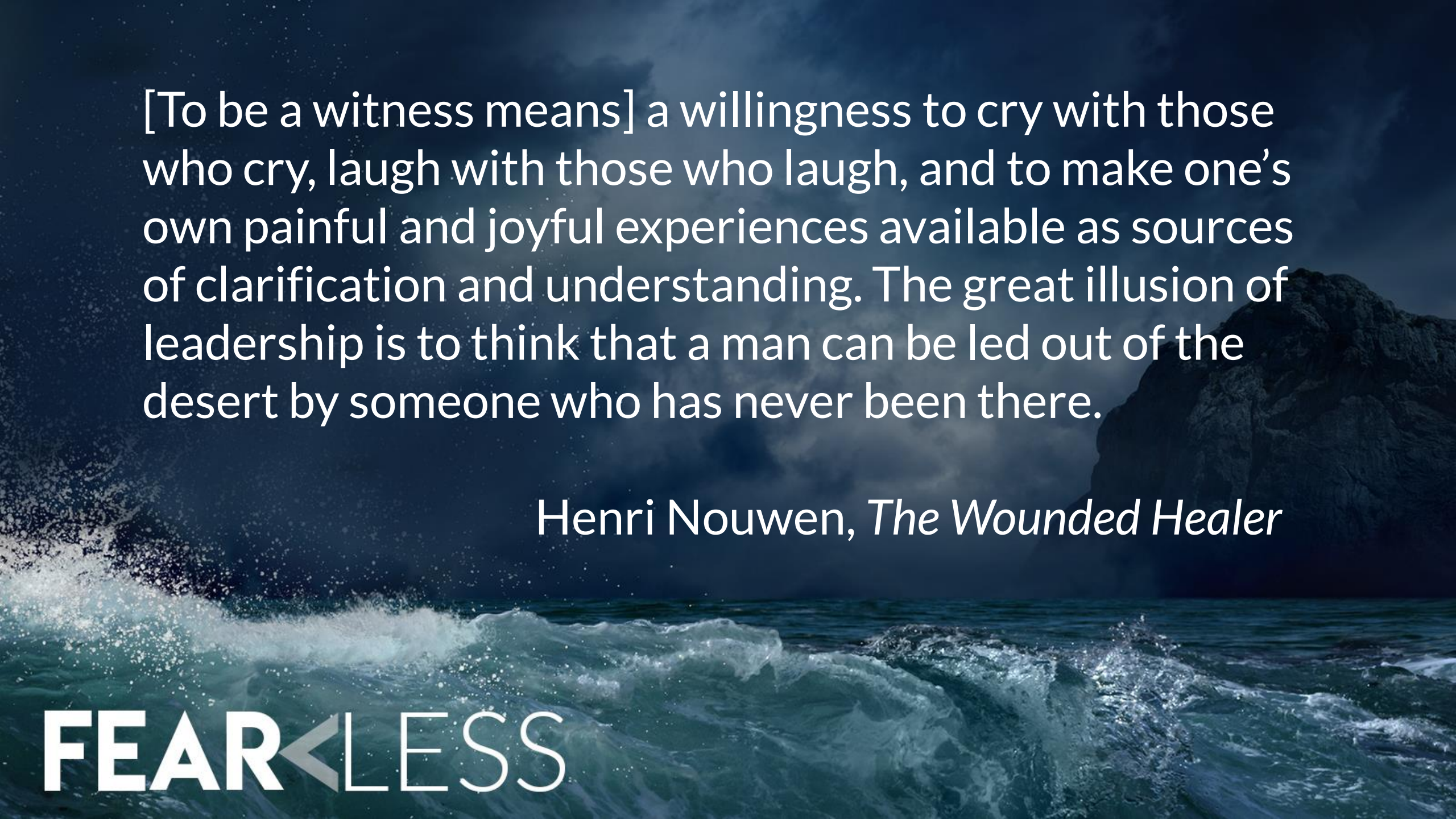
- We welcome others like he welcomed us.
- We let his power shine through our vulnerabilities.
- We allow him to use our woundedness and vulnerability as a platform to serve others.

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He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.

2 Cor. 1:3-5 (MSG)





[To be a witness means] a willingness to cry with those who cry, laugh with those who laugh, and to make one's own painful and joyful experiences available as sources of clarification and understanding. The great illusion of leadership is to think that a man can be led out of the desert by someone who has never been there.

Henri Nouwen, *The Wounded Healer*

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On the road to greater vulnerability



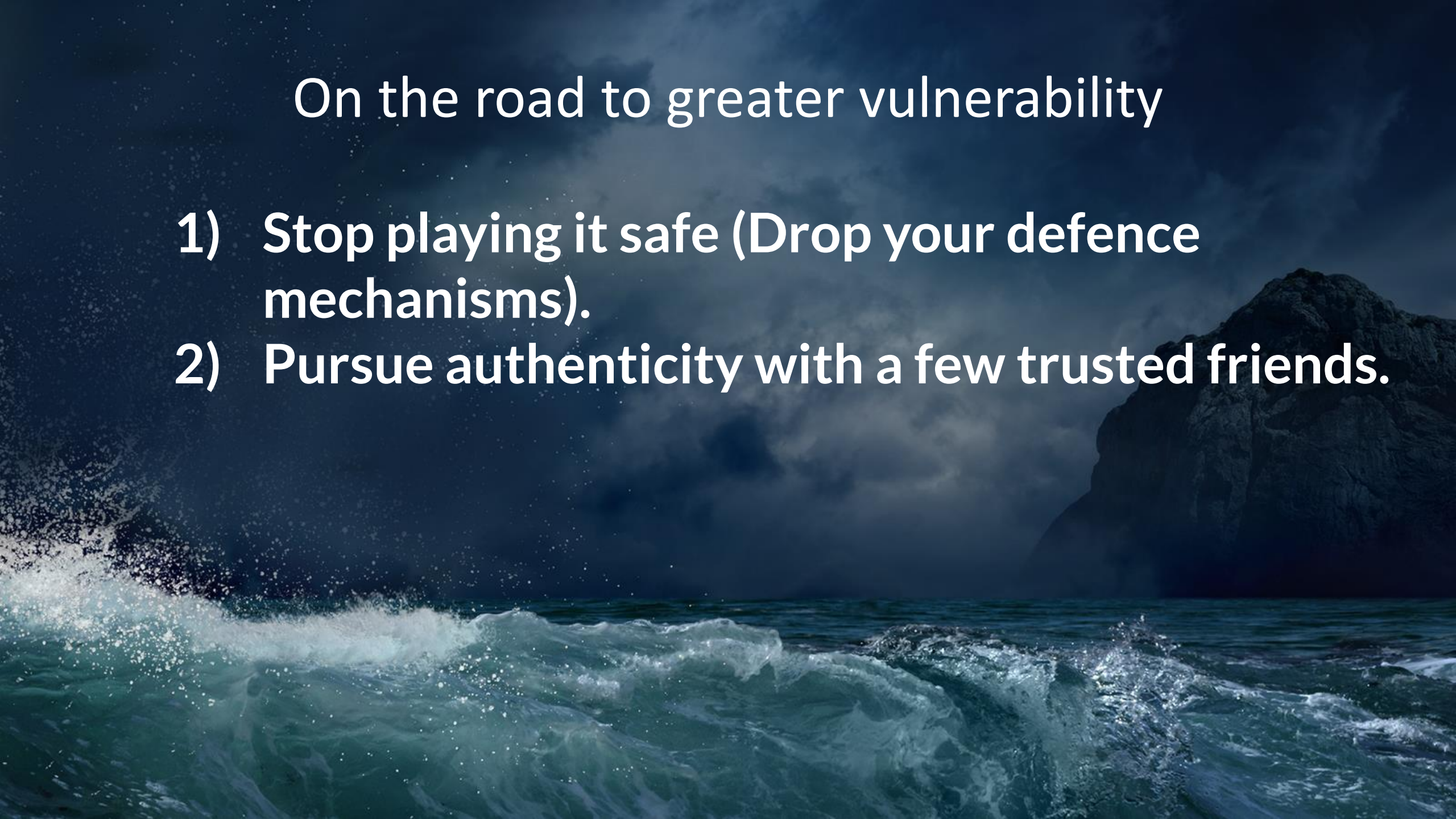
A dramatic, low-key photograph of a stormy sea. In the foreground, a large, turbulent wave is breaking, with white foam and spray visible. The water is a deep, dark teal color. In the background, a dark, craggy rock formation rises from the water on the right side. The sky is filled with heavy, dark clouds, creating a somber and intense atmosphere. The overall lighting is very dark, with the primary light source coming from the breaking wave, highlighting the texture of the water and the spray.

On the road to greater vulnerability

1) Stop playing it safe (Drop your defence mechanisms).

On the road to greater vulnerability

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- 2) Pursue authenticity with a few trusted friends.



A dramatic, low-key photograph of a stormy sea. In the foreground, a wave is breaking, creating a spray of white water against the dark, churning water. The background features a dark, craggy rock formation on the right side, silhouetted against a sky filled with heavy, dark clouds. The overall mood is intense and powerful.

2 key Disciplines

Self Disclosure

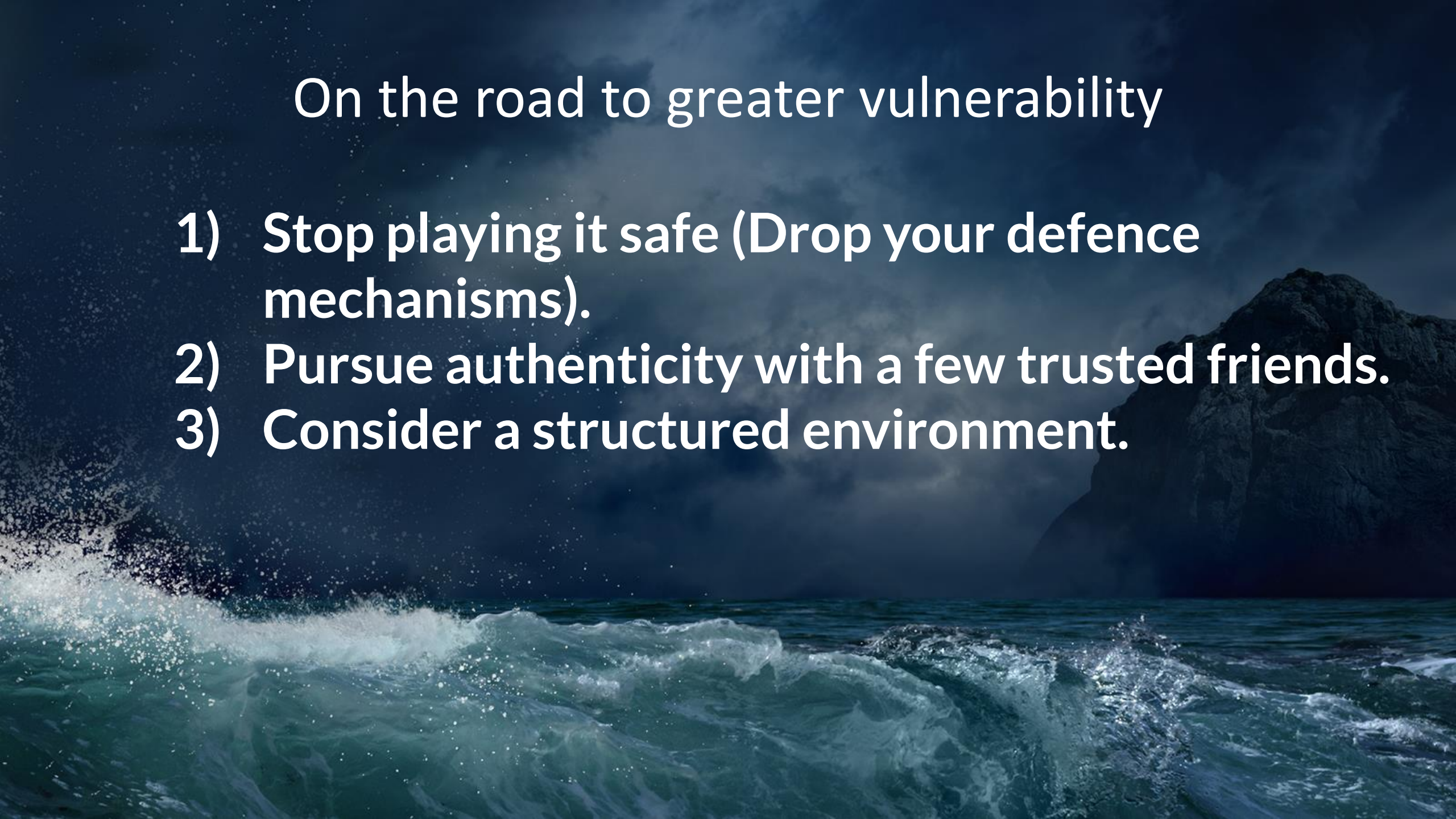


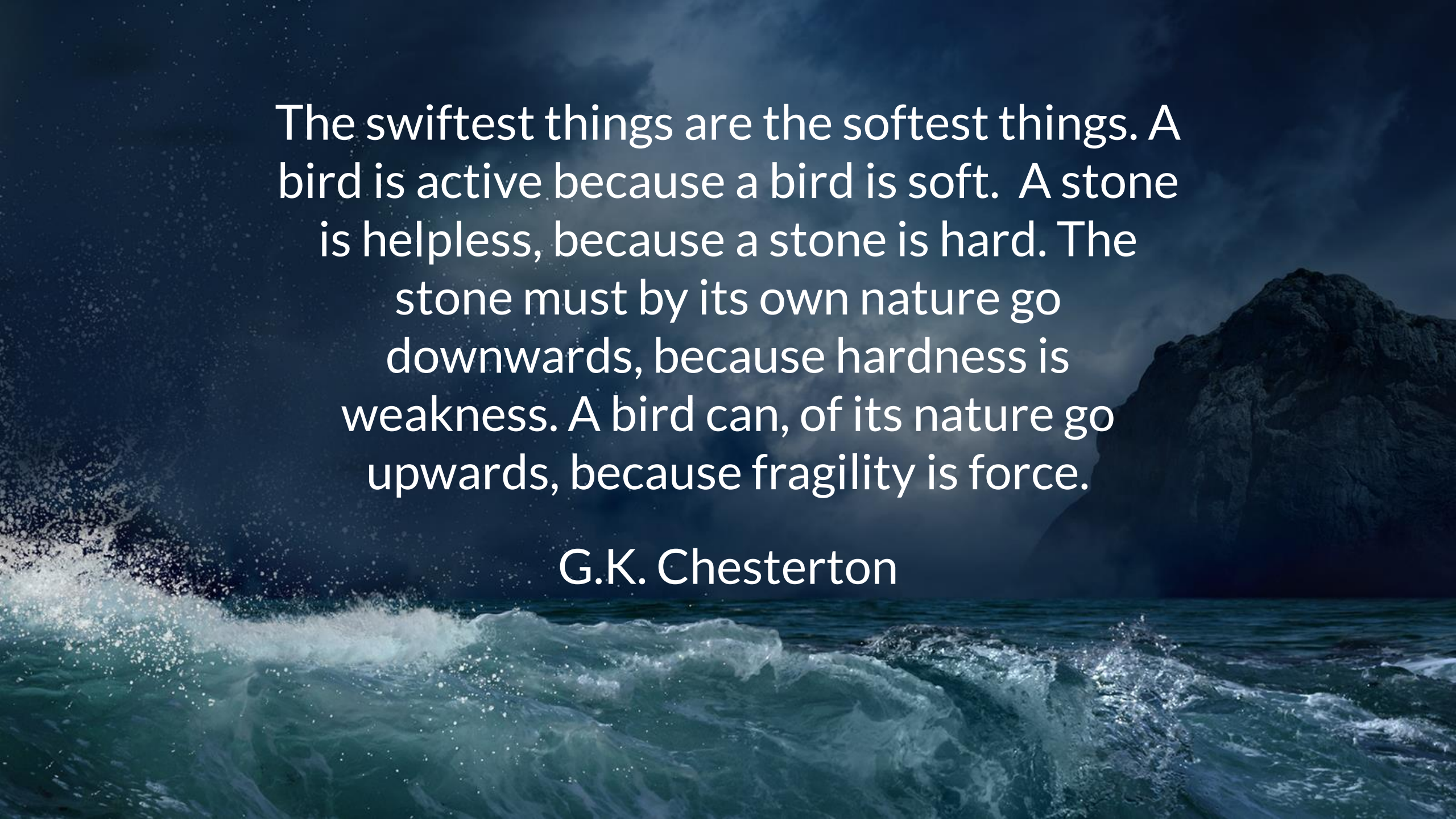
2 key Disciplines

Self Disclosure
Confession

On the road to greater vulnerability

- 1) Stop playing it safe (Drop your defence mechanisms).
- 2) Pursue authenticity with a few trusted friends.
- 3) Consider a structured environment.





The swiftest things are the softest things. A bird is active because a bird is soft. A stone is helpless, because a stone is hard. The stone must by its own nature go downwards, because hardness is weakness. A bird can, of its nature go upwards, because fragility is force.

G.K. Chesterton



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